



SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

Tiruchirappalli

Accredited with A+ by NAAC (4th Cycle)



INTERNAL QUALITY ASSURANCE CELL



organises

A Special Wellness Programme for Faculty

on

Rhythm of Wellness

Resource Person



Ms. Subhashini Dineshkumar

Proprietor

F2 Fusion Fitness Studio

Karumandabam, Tiruchirappalli

Time : 03.30 p.m.

Date : 25.08.2026

Venue : Manicka Vinayagar Open-Air Theatre



Programme

Prayer

Department of Music
Seethalakshmi Ramaswami College

Welcome Address

Dr. G.Valarmathy
Associate Professor
PG & Research Department of Chemistry
Seethalakshmi Ramaswami College
Tiruchirappalli

Zumba Session

Rhythm of Wellness
Ms. Subhashini Dineshkumar
Proprietor
F2 Fusion Fitness Studio
Karumandabam, Tiruchirappalli

Vote of Thanks

Dr. P.K. Manimozhi
Assistant Professor
PG & Research Department of Physics
Seethalakshmi Ramaswami College
Tiruchirappalli

