



SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

Tiruchirappalli

Accredited with A+ by NAAC (4th Cycle)



INTERNAL QUALITY ASSURANCE CELL



organises

A Special Wellness Programme for Students

on

Zumba : Unleash the Energy

Resource Person



Ms. Subhashini Dineshkumar

Proprietor

F2 Fusion Fitness Studio

Karumandabam, Tiruchirappalli

Time : 02.30 p.m.

Date : 25.08.2026

Venue : Manicka Vinayagar Open-Air Theatre



Programme

Prayer

Department of Music
Seethalakshmi Ramaswami College

Welcome Address

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

Zumba Session

Zumba : Unleash the Energy
Ms. Subhashini Dineshkumar
Proprietor
F2 Fusion Fitness Studio
Karumandabam, Tiruchirappalli

Vote of Thanks

Dr. R.Mangaiyarkarasi
Assistant Professor
PG & Research Department of Commerce
Seethalakshmi Ramaswami College
Tiruchirappalli

