



SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

Tiruchirappalli

Accredited with A+ by NAAC (4th Cycle)



INTERNAL QUALITY ASSURANCE CELL



organises

A Special Wellness Programme for Non Teaching Staff

on

Move & Groove - Fitness with fun

Resource Person



Ms. Subhashini Dineshkumar

Proprietor

F2 Fusion Fitness Studio

Karumandabam, Tiruchirappalli

Time : 04.30 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

Move & Groove - Fitness with fun
Ms. Subhashini Dineshkumar
Proprietor
F2 Fusion Fitness Studio
Karumandabam, Tiruchirappalli

Vote of Thanks

Dr. R. Gowri
Assistant Professor&Head
Department of Business Administration
Seethalakshmi Ramaswami College
Tiruchirappalli

