



SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

Tiruchirappalli

Accredited with A+ by NAAC (4th Cycle)

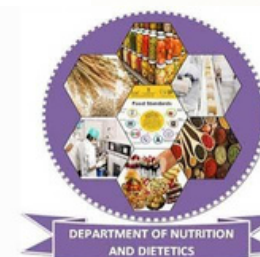


DEPARTMENT OF NUTRITION AND DIETETICS

SEERAS DIET CLINIC

ORGANIZES A SPECIAL MEETING

In commemoration with World Heart Day



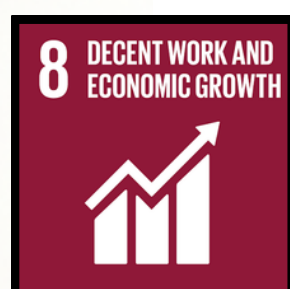
STRESS, SLEEP & SCREEN TIME-EMERGING THREATS TO HEART HEALTH



MOHANAMBAL.R

ASSISTANT PROFESSOR

DEPARTMENT OF NUTRITION AND DIETETICS
THANTHAI HANS ROEVER COLLEGE (AUTONOMOUS), PERAMBALUR



Time : 2.00 p.m.

Date : 29.09.2026

Place : Akilandeswari Auditorium

