



SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

Affiliated to Bharathidasan University
Tiruchirappalli, Tamil Nadu
Accredited with A+ by NAAC (4th Cycle)



INTERNATIONAL WOMEN'S DAY 2022

DEPARTMENT OF NUTRITION AND DIETETICS, B.Voc. FOOD PROCESSING,
SEERA'S DIET CLINIC AND
CENTRE FOR ETHICS & HUMAN VALUES

in collaboration with

DOLPHIN SPECIAL SCHOOL & KRISHNAMACHARYA YOGA MANDIRAM

organises

ONE DAY WORKSHOP ON HAPPY PARENTING

On

08.03.2022



PROGRAMME

PRAYER

: Department of Music

WELCOME ADDRESS

: **Mrs. L. Jayaprada**

Associate Professor & Head

Dept. of Nutrition and Dietetics, Seethalakshmi Ramaswami College

INAUGURAL ADDRESS

: **Dr. M.Vasuki**

Principal, Seethalakshmi Ramaswami College

KEYNOTE ADDRESS

: **Sri. S Sridharan**

Former Trustee, Krishnamacharya Yoga Mandiram, Chennai

SESSION I

(10.30 a.m to 11.30 a.m)

: **Yoga for Energy and Mental Peace**

Ms. K. Anndal

Director, Mitra Section

Krishnamacharya Yoga Mandiram, Chennai

SESSION II

(11.30 a.m to 1.00 p.m)

: **Self Retreat**

Mrs. Leema Peter

Psychologist, Tiruchrappalli

SESSION III

(2.00 p.m to 3.00 p.m)

: **Bloom from Within**

Dr. S. Usha

Associate Professor

Dept. of Sanskrit, Seethalakshmi Ramaswami College

ENTERTAINMENT

: Department of Music

VALEDICTION

VOTE OF THANKS

: **Dr. M.V.Alli**

Associate Professor

Dept. of Nutrition and Dietetics, Seethalakshmi Ramaswami College

