

SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

Affiliated to Bharathidasan University
Tiruchirappalli

Accredited with A+ by NAAC (4th cycle)



FIT
INDIA

Vasantham Fitness Club

cordially invites you to

Stress Management for Well Being



Resource Person

Dr.S.Sivaraman, M.D.

Professor and Head
Department of Psychiatry
Trichy SRM Medical College
Hospital and Research Centre

Date : 18/10/2023

Time:10.00 a.m.

Venue: Medha Saraswathi Hall