



**SEETHALAKSHMI RAMASWAMI COLLEGE**

**(Autonomous)**

**Affiliated to Bharathidasan University  
Tiruchirappalli**

**Accredited with A+ by NAAC (4<sup>th</sup> Cycle)**



**STUDENTS COUNSELLING CELL**

**DEPARTMENT OF PHYSICAL EDUCATION**

**MANASA CLUB**

**&**

**ANTI-RAGGING COMMITTEE**

**JOINTLY ORGANIZE**

**A SPECIAL LECTURE ON**

***BALANCING SCREEN TIMING FOR WELLBEING***

**RESOURCE PERSON**

**MS.S.JESSICA GRACE.,M.Sc. Psychology  
PROVISIONAL ZONE TRAINER  
JCI INDIA**

**VENUE: VIDHYA GANAPATHY HALL**

**DATE: 21.09.2024**

**TIME: 10.00 a.m. -11.30 a.m.**

**ALL ARE CORDIALLY INVITED**

