



SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

Affiliated to Bharathidasan University

Tiruchirappalli

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



# अमृतलहरी *Amratalahari*

BHAGAVAD GITA CLUB

ONE DAY SEMINAR (HYBRID MODE)  
ON

**BHAGAVAD GITA – ITS IMPORTANCE & RELEVANCE TODAY**

MONDAY | SEP 30 | AT 9:45 AM  
2024

**Venue: Vidya Ganapathy Hall**

All are cordially invited



# Programme

**9:45 AM**

Welcome address

Session – I: **10 - 11 AM**

Inaugural address (Online) –  
கீதையின் பெருமை

**11 - 11:15 AM**

Session – II: (Online)

**11:15 AM - 12:30 PM**

**Insights from Bhagavad Gita on  
Physical Wellbeing**

**12:30 - 1:30 PM**

PRAYER

**Dr. S. Usha -**

Associate Professor of Sanskrit & Coordinator of Gita Club

*Pravachana Tilakam, Sri Ramanuja Seva Sri,  
Thirukkudanthai*

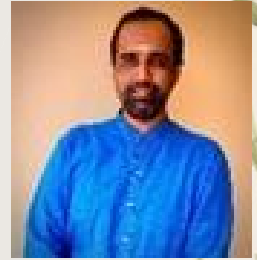
**Dr. Sri. U. Ve. Venkatesh**



TEA BREAK

**Dr. M Jayaraman**

Professor & Dean, Division of Yoga Spirituality,  
SVYASA Deemed University,  
Bengaluru



LUNCH



# Programme

Session – III: (Offline)

**1:30 - 2:30 PM**

**Gītā for Youth**

Session – IV: (Offline)

**2:30 - 3:30 PM**

Vote of Thanks - **3:30 PM**

**Brahmachari. Skanda Chaitanya Ji**

Chinmaya Mission,  
Tiruchirappalli



**Recite & Replenish**

*(Student Activity guided by Chinmaya Mission)*

**Smt. V. Anuradha**

Assistant Professor / Senr. of Commerce

