



**SEETHALAKSHMI RAMASWAMI COLLEGE  
(AUTONOMOUS)**

**TIRUCHIRAPPALLI**

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



**MANASA CLUB**  
with  
**Institution's Innovation Council**  
Organizes

An Awareness Programme  
on

**“MIND OVER MATTER”**  
(Cognitive Behavioral Therapy for Mental Wellness)

**Resource Person**  
**Ms. M. Pavithra M.Sc.,**  
Sunrise De Addiction Center For Addicts  
Woraiyur, Kulumani Road, Tiruchirappalli.

**Time : 11.00 a.m. - 12.30 p.m.**

**Date : 17.12.2024**

**Venue : Medha Saraswathi Hall**

*All are cordially invited*



MANASA CLUB  
with  
Institution's Innovation Council

**Agenda**

**Prayer Song**

**: Students**

**Welcome Address**

**: Ms C. Anitha,**

Manasa Club Co-Ordinator,  
Assistant Professor,  
Department of Home Science,  
Seethalakshmi Ramaswami College,  
Tiruchirappalli.

**Special Lecture**

**: Ms. M. Pavithra M.sc.**

Sunrise De Addiction Center  
Woraiyur Kulumani Road,  
Tiruchirappalli.

**Vote of Thanks**

**: Dr R. Saraswathy,**

Manasa Club Co-Ordinator,  
Assistant Professor,  
Department of Tamil,  
Seethalakshmi Ramaswami College,  
Tiruchirappalli.