



SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

Affiliated to Bharathidasan University  
Tiruchirappalli

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



VASANTHAM FITNESS CLUB

*in collaboration with*

INTERNAL QUALITY ASSURANCE CELL

*organises a*

**Body & Mind Reset**

A Special

Employee Wellness Programme  
for Teaching Faculty

*Resource Person*



**Major Dr.N.S.Sivakumar**

AO, Urumu Dhanalakshmi College  
Vice President, TD Yoga Sports  
Development Association  
Tiruchirappalli.



**28.01.2025 TO 30.01.2025**



**3.45 P.M**



**Manicka Vinayagar Open Air Theatre**

# Programme

**28.01.2025**

Prayer

Department of Music  
Seethalakshmi Ramaswami College

Welcome Address

**Lt. Dr. A. Shakila**

Head & Associate Professor  
Department of Home Science  
Seethalakshmi Ramaswami College  
Tiruchirappalli

Keynote Address

**Major Dr.N.S. Sivakumar**

AO, Urumu Dhanalakshmi College  
Vice President, TD Yoga Sports  
Development Association  
Tiruchirappalli

**30.01.2025**

Vote of Thanks

**Dr. T. Suthamathi**

Associate Professor / Physical  
Directress  
Seethalakshmi Ramaswami College  
Tiruchirappalli