



SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

**Affiliated to Bharathidasan University
Tiruchirappalli**

Accredited with A+ by NAAC (4th Cycle)



VASANTHAM FITNESS CLUB

in collaboration with

INTERNAL QUALITY ASSURANCE CELL

organises a

Body & Mind Reset

A Special

**Employee Wellness Programme
for Non-Teaching Staff**

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