



SEETHALAKSHMI RAMASWAMI COLLEGE
(AUTONOMOUS)
Affiliated to Bharathidasan University
Tiruchirappalli
Accredited with A+ by NAAC



PG Department of Computer Science
Jointly with
Department of Physical Education
in collaboration with
CS Association & Tech Titans Club



**Organizes a
Workshop on**



Unwind and Restore: Yoga and Meditation for Stress Relief

Speaker:

Dr. T. Suthamathi
Physical Directress /Associate Professor
Physical Education, SR College,
Tiruchirappalli.



DATE: 28.01.2025

TIME: 10.00 am

VENUE: Manicka Vinayagar Open-Air Theater

ALL ARE CORDIALLY INVITED