



SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

**Affiliated to Bharathidasan University
Tiruchirappalli**

Accredited with A+ by NAAC (4th Cycle)



PERSONALITY DEVELOPMENT PROGRAM

**STUDENTS' EXNORA, UNNAT BHARAT ABHIYAN &
INSTITUTION'S INNOVATION COUNCIL**

JOINTLY ORGANIZE

ON THE THEME

**"RECHARGE & REFOCUS: STRESS RELIEF, BETTER HEALTH, AND
SHARPER CONCENTRATION"**

RESOURCE PERSONS



DR. I. JAYARAJ

**SOUTH EAST ASIA - COORDINATOR
ACEM INTERNATIONAL
NEW DELHI**



Mrs. KALPANA JAYARAJ

**SOUTH EAST ASIA - COORDINATOR
ACEM INTERNATIONAL
NEW DELHI**



Date: 01.02.2025



Time: 10.00 a.m.



Venue: Manicka Vinayagar Open-Air Theatre

All are Cordially Invited