



**SEETHALAKSHMI RAMASWAMI COLLEGE**  
(AUTONOMOUS)  
AFFILIATED TO BHARATHIDASAN UNIVERSITY  
TIRUCHIRAPPALLI



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



**SPACE & SPUTNICK**  
**PG & RESEARCH DEPARTMENT OF CHEMISTRY**

*organizes*  
*Life skill training program*  
*on*

**YOGA: INHALE PEACE, EXHALE STRESS**  
*In Commemoration of International Yoga Day*

**INSTRUCTORS**

**Ms. N. M. Gokulasri & Ms. V. Kalai Selvi**  
III B.Sc. Chemistry  
PG and Research Department of Chemistry  
Seethalakshmi Ramaswami College  
Tiruchirappalli - 620 002

**DATE :** 27.06.2025

**TIME :** 02.30 p.m.

**VENUE :** MANICKA VINAYAGAR OPEN-AIR THEATRE

*All are cordially invited*

