



INTERNAL QUALITY ASSURANCE CELL



organise

A Physical Wellness Programme

(for II Year Under Graduate Students)

on

Rhythm Revival

Resource Person



Ms. Subhashini Dineshkumar

Proprietor

F2 Fusion Fitness Studio

Karumandabam, Tiruchirappalli

Time : 11.00 a.m. - 12.30 p.m.

Date : 29.01.2026

Venue : Manicka Vinayagar Open-Air Theatre



3 GOOD HEALTH

AND WELL BEING



1951

Platinum Jubilee

2026

4 QUALITY EDUCATION

