



SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

Tiruchirappalli

Accredited with A+ by NAAC (4th Cycle)



INTERNAL QUALITY ASSURANCE CELL



organises

A Physical Wellness Programme

(for II Year Post Graduate & III Year Under Graduate Students)

on

Fit Frenzy

Resource Person



Ms. Subhashini Dineshkumar

Proprietor

F2 Fusion Fitness Studio

Karumandabam, Tiruchirappalli

Time : 2.30 p.m. - 3.30 p.m.

Date : 30.01.2026

Venue : Manicka Vinayagar Open-Air Theatre

3 GOOD HEALTH
AND WELL-BEING



Platinum Jubilee



4 QUALITY
EDUCATION

