



SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

Tiruchirappalli

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



## INTERNAL QUALITY ASSURANCE CELL



organise

### A Physical Wellness Programme (For Teaching Faculty)

on

## Step Up Your Fitness

Resource Person



**Ms. Subhashini Dineshkumar**

**Proprietor**

**F2 Fusion Fitness Studio**

**Karumandabam, Tiruchirappalli**

**Time : 2.30 p.m. - 4.00 p.m.**

**Date : 30.01.2026**

**Venue : Manicka Vinayagar Open-Air Theatre**



**Platinum Jubilee**

