



SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

Tiruchirappalli

Accredited with A+ by NAAC (4th 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