



INTERNAL QUALITY ASSURANCE CELL



organise

A Physical Wellness Programme (For Non Teaching Staff)

on

Sweat and Sparkle 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