



SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

Tiruchirappalli

Accredited with A+ by NAAC (4th Cycle)



**PG & Research Department of Physics
&**

Dr. A. P. J. Abdul Kalam Science Club



Organizes a Workshop on the title

**“Empower Your Holistic Fitness & Wellness
Journey with Yoga”**



Resource Person

Dr. T. Suthamathi



**Associate Professor/Physical Directress
Seethalakshmi Ramaswami College
Tiruchirappalli**



2.00 pm - 3.30 pm



13.02.2026



Manicka Vinayagar Open-Air Theatre



Platinum Jubilee

