



SEETHALAKSHMI RAMASWAMI COLLEGE
(AUTONOMOUS)
AFFILIATED TO BHARATHIDASAN UNIVERSITY
TIRUCHIRAPPALLI
Accredited with A+ by NAAC (4th Cycle)



INTERNAL QUALITY ASSURANCE CELL



organises

A Mental Wellness Programme

(For Non Teaching Staff)



Time : 3.30 p.m.

Date : 28.07.2026

Venue : Annapoorna Hall



PROGRAMME SCHEDULE

PRAYER

Welcome Address

Dr. A.S. Maheswari
IQAC Coordinator

Topic : Importance of work-life balance

Special Address



Dr. M.V. Alli
Principal

Topic : Music Therapy for Everyday Wellness

Resource Person



Dr. C. Lalithambal
Assistant Professor/Senr. & Head
Department of Music

Vote of thanks

Dr. G. Valarmathy
Associate Professor
Department of Chemistry