

Sri Sarada College for Women (Autonomous)

Salem-16

Reaccredited with B++ Grade By NAAC

Affiliated to Periyar University



Internal Quality Assurance Cell

Organizes

Knowledge Sharing Sessions on

Health and Wellness in the Workplace

Resource Persons

Mrs. R. Bhuvana Indumathi

Head and Assistant Professor of Home Science

Sri Sarada College for Women(Autonomous)

Topic: Nutraceutical Potentials of Millets

Date : 03.04.2024

Dr. K. Padma

Associate Professor of Tamil

Sri Sarada College for Women(Autonomous)

Topic: Home Remedies with Herbals

Date : 04.04.2024

Dr.D. Sujatha

Gynaecologist & Obstetrician

Aishwaryam Speciality Hospital, Suramangalam, Salem

Topic: Simple Yoga and Mudras for Healthy Life

Date : 05.04.2024

Venue: Sister Nivedita Auditorium

Time: 2.00 p.m. - 4.00 p.m.

ORGANISING SECRETARY

DR. P. UMAMAHESWARI

IQAC COORDINATOR

CONVENOR

DR.R.UMA RANI

PRINCIPAL