



**DEPARTMENT OF COMPUTER SCIENCE SHIFT II**  
**ST. JOSEPH'S COLLEGE (AUTONOMOUS)**  
ACCREDITED AT A++ GRADE (CYCLE IV) BY NAAC  
SPECIAL HERITAGE STATUS AWARDED BY UGC  
25th RANK IN NIRF 2025  
TIRUCHIRAPPALLI - 620002

WE CORDIALLY INVITES YOU

## **HOLISTIC WELLNESS : A PATH TO STUDENT SUCCESS**

**ORGANIZED BY WELLNESS CLUB**

**RESOURCE PERSON**

**DR. P.RAMESH**

ASSISTANT PROFESSOR

DEPARTMENT OF PHYSICAL EDUCATION

ST.JOSEPH'S COLLEGE (AUTONOMOUS)

TIRUCHIRAPPALLI-620 002

**20  
DEC  
2025**

**2:30 PM**

**MCA  
SEMINAR  
HALL**

**WELLNESS CLUB INCHARGES**

**MS. I.RESHMA MONICA**

**MR. R.SAKTHIRAMAN**

**CONVENERS**

**DR. S.BRITTO RAMESH KUMAR**

ASSOCIATE PROFESSOR & HEAD

**DR. B.REX CYRIL**

COORDINATOR (SHIFT II)