



## **Department of Data Science St. Joseph's College (Autonomous)**

**Accredited at A++ Grade (Cycle IV) By NAAC**

**Special Heritage Status Awarded by UGC  
College with Potential for Excellence by UGC**

**DBT-STAR & DST-FIST Sponsored College**

**25<sup>th</sup> Rank in NIRF 2025**

**Tiruchirappalli - 620 002**

*organizes*

**A SEMINAR ON**

### **INTEGRATING YOGA AND MEDITATION: A HOLISTIC WELLNESS PATHWAY TO STUDENT SUCCESS IN INDIAN HIGHER EDUCATION**

**DATE: 10 FEBRUARY 2026**

**TIME: 03.00 PM - 04.00 PM**

**VENUE: I MSc CLASS ROOM**

#### **Resource Person**

**Dr. P. Ramesh**

**Assistant professor, Department of Physical Education  
St. Joseph's College (Autonomous)  
Tiruchirappalli - 620 002.**

#### **Programme Coordinators**

**Dr. V. Arul Kumar**

**Dr. M. Kriushanth**

**Dr. A. Beatrice Dorothy**

**Dr. K. Loura Jency**

**Dr. T. Rajaretnam  
Head of the Department**