



# **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**