

PG & RESEARCH DEPARTMENT OF HUMAN RESOURCE MANAGEMENT

ST. JOSEPH'S COLLEGE (AUTONOMOUS) TIRUCHIRAPALLI - 620002

Accredited at A++Grade (4th Cycle) by NAAC
College with Potential for Excellence by UGC

Life Skills Development Programme



26th July 2023

12.30 pm



Placement Hall, SJC

Resource Person



**Mrs. Sujatha Mahendran,
Aagnaa Yogalaya**

Speaks On: "The Power of Yoga: Mind, Body, and Spirit"

Welcome Address

Dr. Y.Vijila
Asst Professor Dept of HRM
Program Co-ordinator

Vote of Thanks

A. Karishma
II MA HRM

All are invited