

Internal Quality Assurance Cell (IQAC) & Health & Fitness Club

Cordially invite you to the

“AGE OF CALM”

(Relaxation Therapy at an Old Age Home)

Date: 14th March 2026

Time: 12.00 p.m. - 2.00 p.m.

Venue: Hope Trust Old Age Home, Pudupet

Resource Person

Dr. S. Meenakshi

Director, Centre of Excellence - Retail
Assistant Professor, Department of English

Smt. Usha Abhaya Srisrimal
Secretary

Dr. Harish L Metha
Associate Secretary

Dr. S. Padmavathi
Principal