



SRI SARADA COLLEGE FOR WOMEN(AUTONOMOUS)

Institution recognized u/s 2(f) & 12(B) of UGC & Reaccredited with "A" grade by NAAC
(Affiliated to Manonmaniam Sundaranar University, Tirunelveli - 627012)

(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)

Ariyaakulam, Maharajanagar (PO), TIRUNELVELI - 627011, Tamilnadu-India

Email: srisaradatvt@gmail.com Website: <http://www.srisaradacollege.org>

Established in 1986

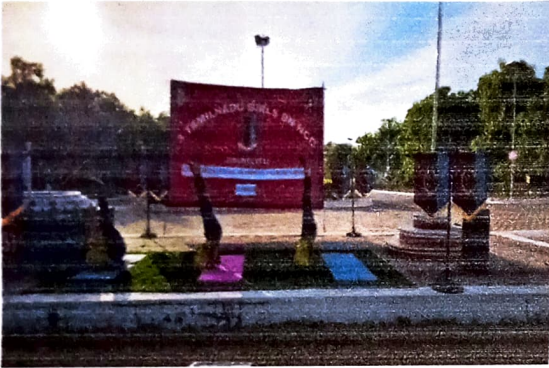
NATIONAL CADET CORPS

3 (TN) Girls Battalion NCC, Tirunelveli organized

IX - INTERNATIONAL YOGA DAY -

HAR AANGAN YOG & VASUDHAIVA KUTUMBAKAM

Date: 21.06.2023 Venue: Sri Sarada College For Women Time: 6.00-7.30 AM



IX International Yoga Day was organized by 3 (TN) Girls Bn NCC, Tirunelveli at Sri Sarada College for Women on 21/06/2023. The event began with the blessings of Yatiswari Saravanabhavapriya, the Secretary of the college. A brief introduction on Yoga Day was given by Lt S.Chithra, Assistant Professor of English and Associate NCC Officer, Sri Sarada College for Women, Tirunelveli. Lt Col Deepak Singh Samant S M, Officer Commanding, 3(TN)Girls Bn NCC, Tirunelveli spoke on HAR AANGAN YOG & VASUDHAIVA KUTUMBAKAM. It was attended by ANOs of various institutions, PI staff, and cadets from various colleges and schools with great enthusiasm. All the participants were taught the importance of Yoga in their life & how to maintain harmony between body and mind. The students described the importance of yoga and also exhibited yoga postures and promised to practice this activity into their daily lives. The function concluded with a vote of thanks delivered by Sub Maj Chaurasia, 3(TN) Girls BN NCC Tirunelveli.

Aramala
11/7/23.