



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

Established in 1986

NATIONAL CADET CORPS

INTERNATIONAL DAY OF YOGA

Date: 21.06.2026

Venue: Magdalene Matriculation School, Tirunelveli



International Yoga Day was conducted on 21 June 2026 at Magdalene Matriculation Higher Secondary School, Tirunelveli, with the participation of 227 NCC cadets, 3 JCOs, 4 ANOs, 3 GCIs, and 6 NCOs. The event was organized by SM Hony Lt D. P. Chaurasiya under the guidance of Lt Col Amit Kandari, Officer Commanding, 3 (TN) Girls Battalion NCC, Tirunelveli. The programme highlighted the importance of yoga in promoting physical fitness, mental well-being, and self-discipline among the cadets, while fostering a spirit of unity and healthy living in observance of International Yoga Day. Cadets who performed exceptionally well were felicitated and awarded medals in recognition of their outstanding performance. **Vasuki S. of II B.A. English** and **Kanagalakshmi C. of II B.Com. (CS)** were awarded medals for their commendable performance. In addition, **Vinotha.A of III B.B.A.**, **Rithu Sree Daya R. of III B.Sc. Computer Science**, and **Rajasri T. of III B.Sc. (AI&DS)** received Certificates of Excellence for their exemplary yoga demonstration and dedicated participation in the event.

Amala
PRINCIPAL
SRI SARADA COLLEGE FOR WOMEN
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TIRUNELVELI - 627 011