



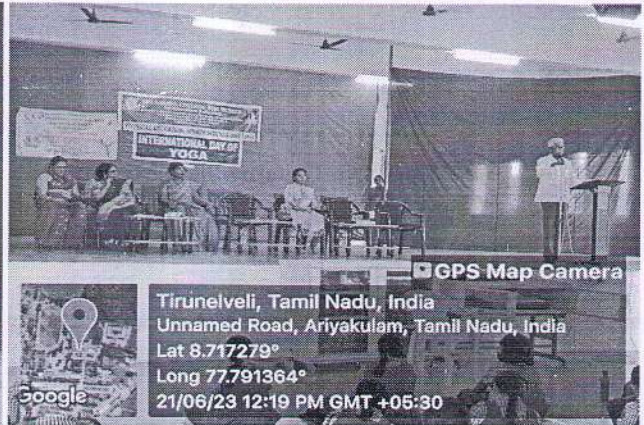
SRI SARADA COLLEGE FOR WOMEN(AUTONOMOUS)
Institution recognized u/s 2(f) & 12(B) of UGC & Reaccredited with "A" grade by NAAC
(Affiliated to Manonmaniam Sundaranar University, Tirunelveli - 627012)
(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)
Ariyaakulam, Maharajanagar (PO), TIRUNELVELI – 627011, Tamilnadu-India
Email:srisaradatvl@gmail.com Website: <http://www.srisaradacollege.org>
Established in 1986

Department of Physical Education Sports, Science & Yoga
INTERNATIONAL DAY OF YOGA

Theme: "VASUDHAIVA KUTUMBAKAM" "One Earth, One Family, One Future"

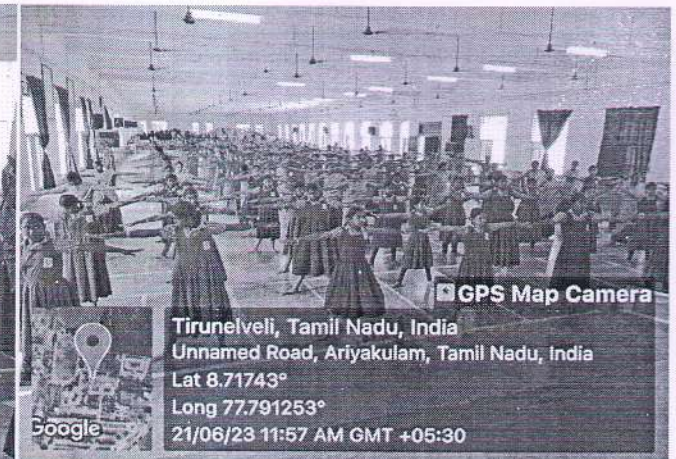
Date: 21.06.2023

Venue: Auditorium Day: Wednesday



Tirunelveli, Tamil Nadu, India
Unnamed Road, Ariyakulam, Tamil Nadu, India
Lat 8.717279°
Long 77.791364°
21/06/23 12:19 PM GMT +05:30

GPS Map Camera



Tirunelveli, Tamil Nadu, India
Unnamed Road, Ariyakulam, Tamil Nadu, India
Lat 8.71743°
Long 77.791253°
21/06/23 11:57 AM GMT +05:30

GPS Map Camera

International Yoga Day was organized by the Department of Physical Education Sports, Science & Yoga on 21.06.2023. With the blessings of Secretary Yatiswari Saravanabhavapriya Amba, Principal Dr.(smt) N. Kamala welcomed all and Vice Principal Smt P. Anusha introduced the chief guests. The event began with a brief introduction on *Yoga Day* by Dr.K.Sivaranjani, Research Officer, Sidha Clinical Research Unit, Central Council for Research in Siddha, Tirunelveli. Dr.M.Manokari, Assistant Research Officer(Botany), Sidha Clinical Research Unit, Central Council for Research in Siddha, Tirunelveli demonstrated the various Asanas and stressed the need to be practiced every single day. All the participants were taught the importance of Yoga in their life & how to maintain harmony between body and mind. The students also discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity to their daily lives. Prof.(Major) P. Chandra Sekaran, Director & Controller Of Examinations, delivered the felicitation address and emphasized the importance of Yoga in day-to-day life. Totally 72 students of Sri Sarada College for Women and 51 students of Sri Sarada Matriculation Higher Secondary School, Tirunelveli participated in the programme with great enthusiasm. The celebration concluded with the Shanthi Prayer.

Kamala
26/6/23