



SRI SARADA COLLEGE FOR WOMEN

(An Autonomous Institution)

(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)
Institution recognised u/s 2(f) and 12(B) of UGC & Reaccredited with "A" grade by NAAC
(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)
Ariyakulam, Thoothukudi NH, Maharaja Nagar Post,
TIRUNELVELI 627011

INTERNATIONAL YOGA DAY 2021

THEME: *Yoga at Home and Yoga with family*
National Level LectureWorkshop on "YOGA MUDRA "

Date: 21.06.2021

Day: Monday

Time: 10.30 a.m.- 12.00 noon.

TIME	PROGRAMME	
10.30 – 10.35	Welcome Address	Dr. (Smt.)A. Aruna Devi, Associate Professor, Department of Commerce(CS) Dean:Research& Development, NSS PO.
10.35 – 10.40	Blessings	Yatiswari Saravanabhavapriya, Secretary.
10.40 – 10.45	Presidential Address	Dr. (Smt.)M. Malarvizhi, Principal.
10.45 – 10.50	Introduction on Resource person.	Smt. K. Lakshmi, Assistant Professor, Department of Chemistry. Dean:Students welfare & Deputy Warden, NSS PO.
10.50 – 11.40	Lecture on theme " <i>Yoga at Home and Yoga with family</i> " Topic: Yoga Mudra	Dr.C.Yazhini Praveena Devi , BSMS , MHSc., PG Diploma in Yoga Therapy , Siddha and Yoga Consultant , Chennai.
11.40 – 11.55	Interaction session	Participants.
11.55 – 12.00	Vote of Thanks	Smt. T.Vennimalai, Assistant Professor, Department of Mathematics. NSS-PO