



SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS)
Re accredited with "A" grade by NAAC & Institution included u/s 2(f) and 12(B) of UGC,
Affiliated to Manonmaniam Sundaranar University, Tirunelveli - 627012
(A branch of Sri Ramakrishna Tapovanam, Tirupparaitturai), Thoothukudi NH,
Ariyakulam village, Maharaja Nagar Post,
TIRUNELVELI-627011, Tamilnadu, India



International Day of Yoga -2025 (21-06-25, Saturday)

Venue: Sister Nivedita Auditorium
Theme: "Yoga for One Health, One Earth"



International Yoga day was jointly organized by Internal Quality Assurance Cell (IQAC), Students' Council, Department of Physical Education, Sports Science & Yoga & Brahma Kumaris, Tirunelveli on 21.06.2025 at Sister Nivedita Auditorium. The programme began with the chanting of the sacred *Ohm Sahanavavathu* by all participants, invoking peace and unity. Dr. N. Kamala, Principal delivered a welcome address. Yatiswari Mukundapriya Amba, Advisor of the college, blessed the participants. The introduction about the dignified Guest of Honour was given by Dr. B. Parvathi Devi, Vice Principal. The keynote address was delivered by Mrs. P. Nagammal Pitchumani, President, Innerwheel Club (2025-2026), Tirunelveli. Her address highlighted the role of Yoga in building resilience and self-awareness in students. The Special Invitees, BK. Geddan Sivabalan and BK Ramakrishnan, expressed the values of *RajaYoga* and described how to attain *Paramatma* through Yoga. Yoga was performed by students from Sri Sarada College for Women (A) and Sri Sarada Matriculation School. Selvi. V. Anishka, IX Std and Selvi. R. Manisha, III B.Sc. Computer Science exhibited their talents through *Asanas*. BK Rajeswari, Yoga Instructor & Yoga Therapist highlighted the importance of *Mutras* to improve the concentration of students by a practical session. The winners of the quiz and the Individual Performers were honoured with prizes by the Chief Guest. Smt. T. Nambiya @ Murugananthi, Assistant Director of Physical Education & Sports proposed the vote of thanks. The event concluded with the College Song.

Kamala
PRINCIPAL
SRI SARADA COLLEGE FOR WOMEN
(Autonomous)
TIRUNELVELI - 627 011