



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 - 2026

Date: 20.06.2026
Day: Saturday

Time: 9.45 am-11.45am
Venue: Auditorium

Theme: "Yoga for Healthy Ageing"



International Day of Yoga was jointly organized by the Internal Quality Assurance Cell (IQAC), Students' Council, Department of Physical Education, Sports Science & Yoga, NSS Units No. 24, 25, 153, 233 & 237, and Brahma Kumaris, Tirunelveli, on 20.06.2026 at the College Auditorium. The programme commenced with the chanting of the sacred "Ohm Sahanavavathu" and Tamil Thai Vazhthu by all participants, creating an atmosphere of peace and harmony. The ceremonial lighting of the Kuthuvilakku and prayer added spiritual significance to the event. Dr. N. Kamala, Principal, delivered the welcome address. Yatiswari Neelakanda Priya Amba blessed the gathering. BK. Rajeswari, Yoga Instructor and Yoga Therapist, guided the students through various asanas and conducted a practical yoga demonstration. Students of Sri Sarada College for Women (Autonomous) and Sri Sarada Matriculation Higher Secondary School performed the yogic postures effectively under her guidance. She also explained the therapeutic benefits of yoga in maintaining physical health, mental well-being, and overall fitness. The Special Invitees, BK. Bhuvaneshwari, BK. Geddan Sivabalan, and BK. Rajeswari, spoke on the history and importance of Yoga, the benefits of meditation, and the philosophy of Atma and Paramatma as forms of divine light. They highlighted Yoga as a medicine-free therapy for healthy living and explained the importance of regular yoga asana practice for physical fitness, mental peace, and spiritual growth. Selvi P. Muthu Selvi, Selvi A.S. Abishaya, Selvi M. Anusri, and Selvi V. Abinaya showcased their talents through individual yoga performances and demonstrated various asanas with confidence and flexibility. BK. Muthumari, Rajayoga Teacher, Brahma Kumaris, Tirunelveli, led a meditation session and emphasized the importance of Rajayoga in attaining self-realization and connecting with the Supreme Soul. The individual yoga performers were honoured with prizes. Dr. K. Ramalakshmi, Assistant Professor of Mathematics, proposed the vote of thanks. The event concluded with the College Song.


PRINCIPAL
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