



# Sri Sarada College for Women

(An Autonomous Institution)

(Reaccredited with "A" grade by NAAC)

Institution included u/s 2(f) and 12(B) of UGC

Affiliated to Manonmaniam Sundaranar University

(A branch of Sri Ramakrishna Tapovanam, Tirupparairthurai)

Ariyakulam, Tirunelveli Thoothukudi -High Road, Maharaja Nagar Post,  
Tirunelveli- 627 011.



## International Day of Yoga -2024

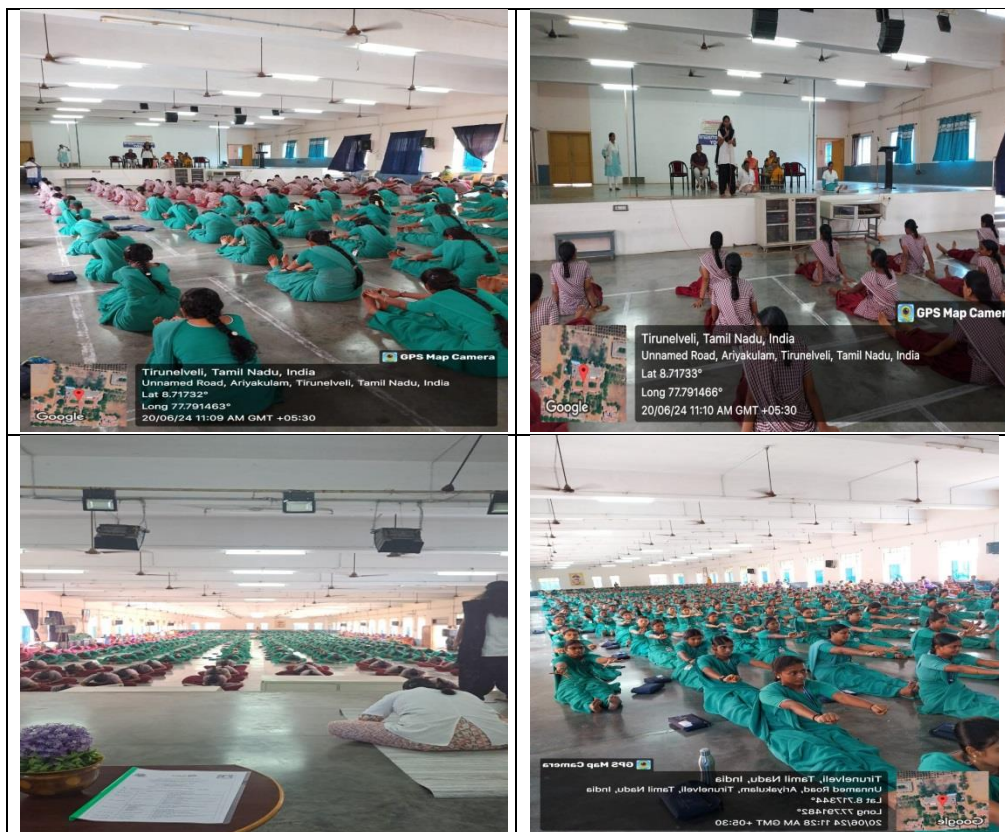
**Date: 20.06.2024**

**Day: Thursday**

**Time: 9.45 am-11.15 am**

**Venue: Auditorium**

**Theme: "Yoga for Self and Society"**



International Yoga day was organized by the Department of Physical Education, Sports Science & Yoga (PESSY) on 20.06.2024 at Sister Nivedita Auditorium. The programme was presided over by Advisor Yatiswari Mukundapriya Amba. Principal Dr.N.Kamala delivered the welcome address. Dr.B.Malarvizhi M.D (S) Principal, Government Siddha Medical College, Palayamkottai delivered a special address on Importance of Practicing Yoga in day today life. Dr.V.Mahalakshmi M.D (S), Head, Department of Yoga, Government Siddha Medical College, Palayamkottai demonstrated the various Asanas. Totally 605 students and 67 faculty members were participated. The program concluded with college song.