



SEETHALAKSHMI RAMASWAMI COLLEGE  
(AUTONOMOUS)  
AFFILIATED TO BHARATHIDASAN UNIVERSITY  
TIRUCHIRAPPALLI  
Accredited with A+ by NAAC (4<sup>th</sup> Cycle)



**Department of Sanskrit, Centre For Ethics & Human Values,  
Dept. of Physical Education & Vasantam Fitness Club**



*in collaboration with*  
**Krishnamacharya Yoga Mandiram, Chennai**

*celebrate*  
**International Yoga Day**  
*(Online mode)*

*Theme: "Yoga for Healthy Ageing"*

**Resource Person:**  
**Ms. Poornima**  
**Senior Yoga Teacher**  
**KYM, Chennai**



**Date: 21.06.2026**

**Time: 08.00 A.M.**

**All are cordially invited**

