



SEETHALAKSHMI RAMASWAMI COLLEGE
(AUTONOMOUS)
AFFILIATED TO BHARATHIDASAN UNIVERSITY
TIRUCHIRAPPALLI

Accredited with A+ by NAAC (4th 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

Theme: "Yoga for Healthy Ageing"

DATE: 22.06.2026

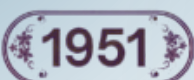
TIME: 10.00 A.M.

VENUE:

MANICKAVINAYAGAR OPEN AIR THEATRE



Platinum Jubilee



Programme

Prayer:

Department of Music

Welcome Address:

Dr. S. Usha



**Associate Prof. of Sanskrit
Coordinator, Centre for Ethics &
Human Values**

Inaugural Address:

Dr. M. V. Alli



**Principal
Seethalakshmi Ramaswami College,
Tiruchirappalli**

**Yoga Day Resource
Persons**

Ms Tara Rajan



Ms Nirmala



**Senior Yoga Teachers
KYM, Chennai**

Vote of Thanks:

Dr. T. Suthamathi



**Physical Directress/
Associate Professor**

