



SEETHALAKSHMI RAMASWAMI COLLEGE
(Autonomous)
Affiliated to Bharathidasan University
Tiruchirappalli
Accredited with A+ by NAAC (4th Cycle)



**Centre for Ethics and Human Values, Physical Education,
NCC, NSS and YRC**

in collaboration with



Krishnamacharya Yoga Mandiram, Chennai

celebrate

International Yoga Day
(Hybrid mode)

DATE: 21.06.2023

TIME: 8.00 A.M.

VENUE: MANICKAVINAYAGAR OPEN AIR THEATRE



Programme

Prayer:

Department of Music

Welcome Address:

Dr. S. Usha

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

Inaugural Address:

Dr. M. Vasuki

Principal
Seethalakshmi Ramaswami College,
Tiruchirappalli

**Yoga Day Address
(Online):**

Shri. S. Sridharan

Senior Mentor & Advisor KYM, Chennai

**Yoga Day Protocol
(offline):**

Ms. Sujatha Saravanan

Senior Yoga Therapist, KYM &

Ms. R. ThamaraiChelvi

Yoga Teacher, KYM, Chennai

Vote of Thanks:

LT. Dr. A. Shakila

Associate Prof. & Head, Dept. of Home
Science & NCC Officer

