



# SEETHALAKSHMI RAMASWAMI COLLEGE

(Autonomous)

Affiliated to Bharathidasan University

Tiruchirappalli, Tamil Nadu

Accredited with A+ by NAAC (4<sup>th</sup> Cycle)



**NATIONAL CADET CORPS (NCC)**

**(ARMY WING - 4 TN (G) BN)**

&

**YOUTH RED CROSS (YRC)**

**INTERNATIONAL YOGA DAY - 2024**

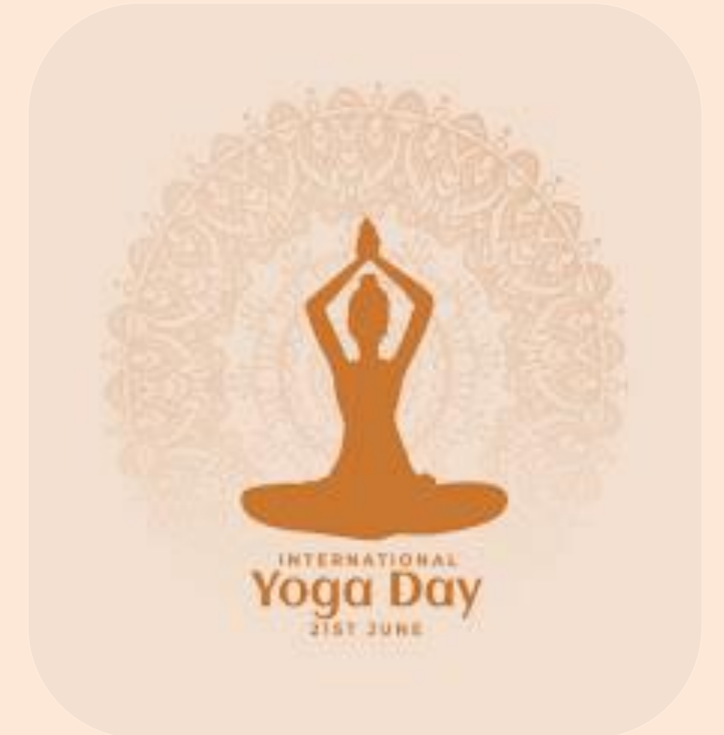
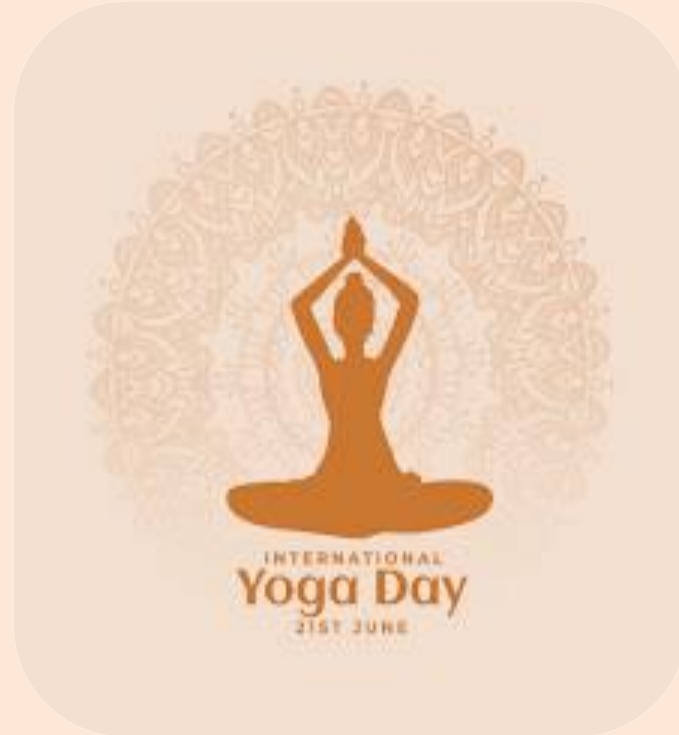
*“Yoga For Self and Society”*

**CHIEF GUEST**

**Ms. T. Divya, B.E, M. Tech, M.Sc., Yoga**

**Ms. M. Kavitha, B.Com M.Sc., Yoga**

**Yoga instructors**



**DATE: 21.06.2024**

**VENUE : MANICKA VINAYAGAR OPEN – AIR THEATRE**

**Time: 9.00 a.m to 10.30 a.m**