

SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS)

Affiliated to Manonmaniam Sundaranar University, Tirunelveli 627012

Reaccredited with "A" Grade by NAAC & Institution included u/s 2(f) & 12 B of UGC,

(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai), Thoothukudi NH, Ariyakulam village, Maharaja Nagar Post

TIRUNELVELI -627011

INTERNATIONAL YOGA DAY PROGRAMME (15 Days Lecture Workshop (7-6-22 to 21-6-22))

Venue: Seminar Hall **Mode:** Hybrid Mode

S No	Date	Time	Programme title	Subject Expert details	Beneficiaries details	Meeting Link
1	7-6-22 Tuesday	02.00pm- 03.00 pm	History of Yoga	Ms.ThilakavathyNiranjan Yoga Instructor & Therapist The Founder and CEO of SARYAM Yoga Club (Sai Academy of Realistic Yoga and Meditation), Maduravoyal, Chennai, Tamilnadu	B.Ed., students- Tamil	https://meet.google.com/sjd-tyvy-ocr
2	8-6-22 Wednesday	10.30 am- 11.30 am	Principles of Yoga	Dr. S. VidhyaShankari. Assistant Professor Center for Yoga, SRM Institute of Science and Technology, Kattankulathur – 603203, Tamilnadu	BBA	https://meet.google.com/xva-yhpg-mzs
3	9-6-22 Thursday	03.00pm- 04.00 pm	Importance of Yoga	Mr.A.AnnaDurai Assistant Professor Faculty of Yoga Sciences and Therapy, Meenakshi Academy of Higher Education and Research Institute, Chennai-600 078, Tamil Nadu,	English	https://meet.google.com/exs-ozg-cab
4	10-6-22 Friday	02.00 pm- 03.00 pm	Elements of Yoga	Dr.S.Mariappan, Director of Physical Education, Sri KGS Arts College, Srivaikundam- 628619, Tamilnadu	Economics	https://meet.google.com/zzt-nsrf-pwc
5	11-6-22 Saturday	02.00 pm- 03.00 pm	Practice of Yoga	Arulnithi A. Nagarajan, President, NellaiManavalakalaiMandramTrust,Senior	Commerce	meet.google.com/byo-tgdy-svm

				Professor,World Community Service Centre,Indian Overseas Bank, Senior Manager (Rtd), Tirunelveli,Tamilnadu		
6	12-6-22 Sunday	02.00 noon - 03.00 pm	Rules of Yoga	Smt.R.MenagaLakshmi M.Sc naturopathy and yoga science Coimbatore, Tamilnadu	Commerce CS	https://meet.google.com/ogk-cxpw-pts
7	13-6-22 Monday	02.00pm- 03.00 pm	Yoga for children	Dr.V.Subbulaksmi, Associate Professor, Faculty of Yoga Sciences and Therapy, Meenakshi Academy of Higher Education and Research Institute, Chennai-600 078, Tamil Nadu	School students - Sanskrit	https://meet.google.com/kvp-cnkn-sbk
8	14-6-22 Tuesday	02.00pm - 03.00 pm	Yoga for women	Smt.R.Packialakshmi, Professor, Simplified Kundalini Yoga Trust, Tirunelveli, Tamilnadu	Mathematics	https://meet.google.com/wuj-gimq-bhu
9	15-6-22 Wednesday	02.00noon- 03.00 pm	Yoga for aged	Mr.K. ParthaSarathi M.Sc., (Yoga), D.Y.T,Founder of 5 element yoga reactive therapy,AmirthaVidhyalam senior secondary school, Thoothukudi, Tamilnadu	Physics	meet.google.com/eaagqzt-bhd
10	16-6-22 Thursday	12.00 noon - 01.00 pm	Yoga and sports	Dr.Mrs.S.Selvalakshmi. Assistant Professor Department of Yoga, Tamilnadu Physical Education and Sports University	Chemistry	https://meet.google.com/fjx-kxhz-rja
11	17-6-22 Friday	02.00 pm- 03.30 pm	Yoga – an art of life	Mr.V.Sugumar,Yoga Instructor Aravind Yoga and Research Center, Chennai, Tamilnadu (15 years' Service at Vivekananda Kendra , Kanyakumari)	Computer Science	https://meet.google.com/mnp-xvoo-dre

12	18-6-22 Saturday	02.00 pm- 03.00 pm	Yoga – Science of culture	Mrs.GayathriVasudevan Yoga Sironmani, Yoga Instructor and Heartfulness Trainer, Tenkasi, Tamilnadu.	Information Technology	https://meet.google.com/owx-miyf-ian
13	19-6-22 Sunday	11.00am- 12.00 noon	Dawn to Dusk-Yoga Life style	Dr.S.Murugesan, Associate Professor, Faculty of Yoga Sciences and Therapy, Meenakshi Academy of Higher Education and Research Institute, Chennai-600 078, Tamil Nadu	All staff-IQAC	https://meet.google.com/rpp-owex-egp
14	20-6-2022 Monday	02.00pm- 03.00 pm	Benefits of Yoga	Dr. Savitha A.R Assistant Professor and Head Research Centre in English SreeAyyappa College for Women Nagarkovil, Tamilnadu	Computer Applications	meet.google.com/aej-btbo-vtw
15	21-6-22 Tuesday	02.00pm- 03.00 pm	Yoga on Mind and Physique	Dr.M.Yokeshwari Yoga Consultant Tirunelveli	Parents-NSS	https://meet.google.com/yrq-dpqr-pqe
15	21-6-22 Tuesday	11.00pm- 12.00 noon	Yoga – SAD (Stress- Anxiety- Depression) Free health	Dr.C.YazhiniPraveena Devi, Siddha and Yoga Consultant, Chennai, Tamilnadu	Senior citizens-YRC	https://meet.google.com/iyg-usem-zdv
15	21-6-22 Tuesday	12.00noon- 01.00 pm	Yoga – Promising solution for Peace	Prof.T.Kolammai, NellaiManavalakalaiMandram Trust, World Community Service Centre Tirunelveli, Tamilnadu	Government employees- RRC	https://meet.google.com/mtx-oagi-vga