



# Sri Sarada College for Women

(An Autonomous Institution)

(Reaccredited with "A" grade by NAAC)

Institution included u/s 2(f) and 12(B) of UGC

Affiliated to Manonmaniam Sundaranar University

(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)

Ariyakulam, Tirunelveli Thoothukudi -High Road, Maharaja Nagar Post,

TIRUNELVELI- 627 011.

Website: [srisaradacollege.org](http://srisaradacollege.org)



## INTERNATIONAL YOGA DAY PROGRAMME

**15 Days Lecture Workshop (07-6-22 to 21-6-22)**

**Organized by Students' Council & Conducted by Department of Tamil**

**Date: 07.06.2022    Venue: Seminar Hall    Mode: Hybrid Mode**



The Students of Sri Sarada College of Education(B.Ed.) and Faculty Members of Sri Sarada College for Women (Autonomous)- Tirunelveli - 627011, have participated in the Online Workshop of International Yoga Day Programme titled **"History of Yoga"** by Ms. Thilakavathy Niranjana, Yoga Instructor & Therapist, The Founder and CEO of SARYAM Yoga Club, Maduravoyal, Chennai - 600095 on 7<sup>th</sup> June 2022 from 2.00 pm to 3.00 pm.



# Sri Sarada College for Women

(An Autonomous Institution)

(Reaccredited with "A" grade by NAAC)

Institution included u/s 2(f) and 12(B) of UGC

Affiliated to Manonmaniam Sundaranar University

(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)

Ariyakulam, Tirunelveli Thoothukudi –High Road, Maharaja Nagar Post,

TIRUNELVELI- 627 011.

Website: [srisaradacollege.org](http://srisaradacollege.org)

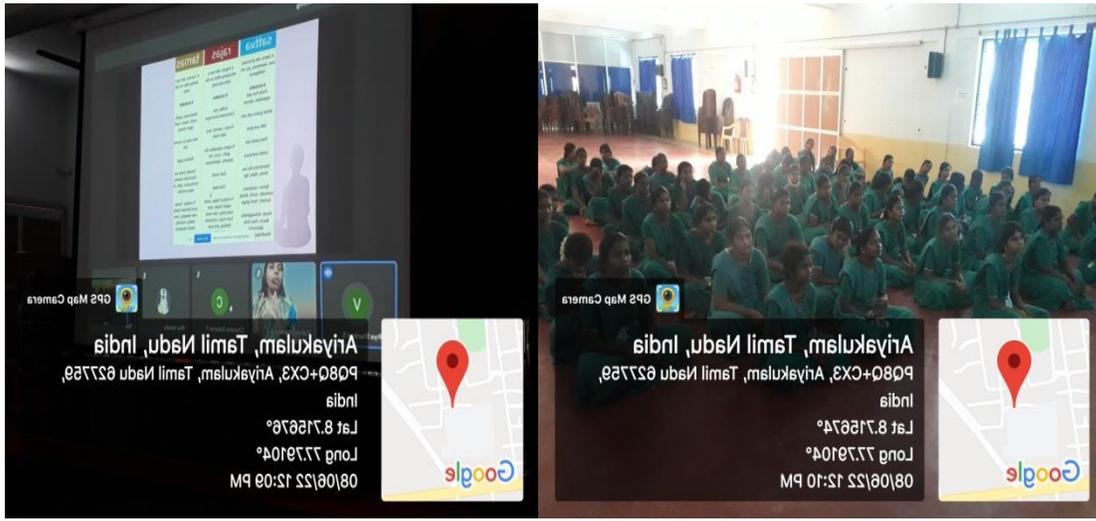


## INTERNATIONAL YOGA DAY PROGRAMME

**15 Days Lecture Workshop (07-6-22 to 21-6-22)**

**Conducted by Department of Business Administration**

**Date: 08.06.2022    Venue: Seminar Hall    Mode: Hybrid Mode**



The Students of II & III BBA and Faculty Members of Sri Sarada College for Women (Autonomous)-Tirunelveli-627011, have participated in the Online Lecture Workshop of International Yoga day programme titled **“Principles of Yoga”** by Mrs. Dr S. Vidhya Shankari, Assistant Professor, Centre for Yoga, SRM Institute of Science and Technology, Kattankulathur on 8 June 2022 from 11.15 am to 12.30 pm.



# Sri Sarada College for Women

(An Autonomous Institution)

(Reaccredited with "A" grade by NAAC)

Institution included u/s 2(f) and 12(B) of UGC

Affiliated to Manonmaniam Sundaranar University

(A branch of Sri Ramakrishna Tapovanam, Tirupparairthurai)

Ariyakulam, Tirunelveli Thoothukudi -High Road, Maharaja Nagar Post,

**TIRUNELVELI- 627 011.**

Website: [srisaradacollege.org](http://srisaradacollege.org)

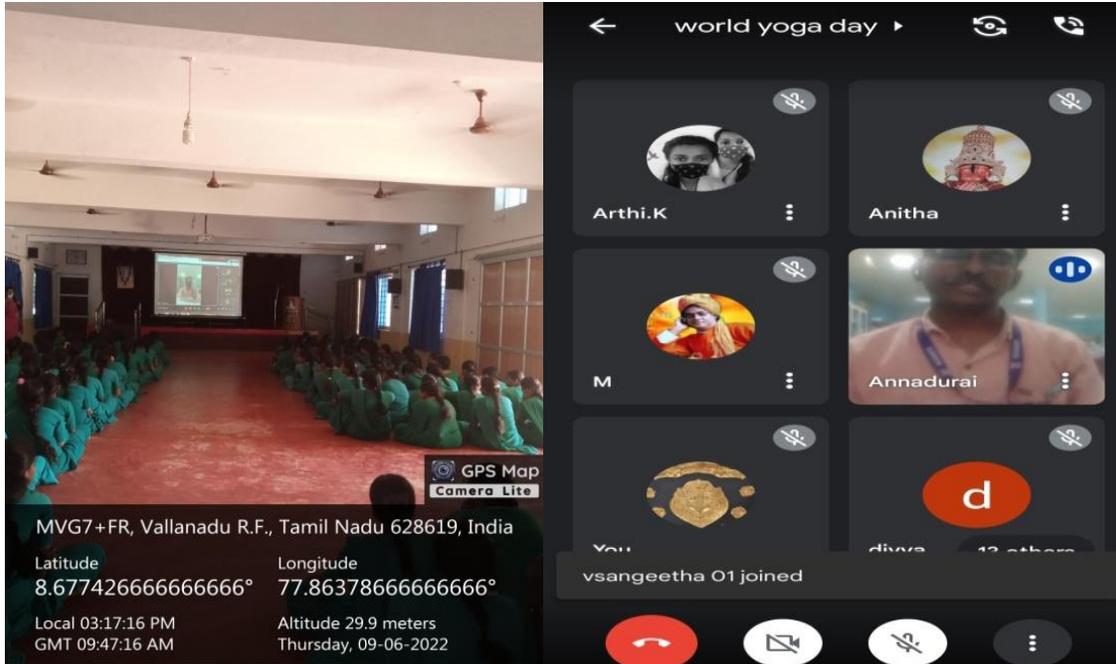


## INTERNATIONAL YOGA DAY PROGRAMME

**15 Days Lecture Workshop (07-6-22 to 21-6-22)**

**Conducted by Department of English**

**Date: 09.06.2022 Venue: Seminar Hall Mode: Hybrid Mode**



**The Students of English Department and Faculty members of Sri Sarada College for Women (Autonomous)-Tirunelveli-627011, have participated in the Online workshop on International Yoga Day Programme titled "Importance of Yoga" by Dr. A. AnnaDurai, Assistant Professor, Faculty of Yoga Sciences and Therapy, Meenakshi Academy of Higher Education and Research Institute, Chennai, on 9 June 2022 at 3.00 to 4.30 pm.**



# Sri Sarada College for Women

(An Autonomous Institution)

(Reaccredited with "A" grade by NAAC)

Institution included u/s 2(f) and 12(B) of UGC

Affiliated to Manonmaniam Sundaranar University

(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)

Ariyakulam, Tirunelveli Thoothukudi –High Road, Maharaja Nagar Post,

**TIRUNELVELI- 627 011.**

Website: [srisaradacollege.org](http://srisaradacollege.org)



## INTERNATIONAL YOGA DAY PROGRAMME

**15 Days Lecture Workshop (07-6-22 to 21-6-22)**

**Conducted by Department of Economics**

**Date: 10.06.2022    Venue: Seminar Hall    Mode: Hybrid Mode**



The Students of I, II & III BA Economics and Faculty Members of Sri Sarada College for Women (Autonomous), Tirunelveli – 627011 have participated in the Offline workshop of International Yoga Day programme titled **“Elements of Yoga”** by Dr.S.Mariappan, Director of Physical Education, Sri K.G.S. College, Srivaikundam on 10 June 2022 from 2.00 pm to 3.00 pm.



# Sri Sarada College for Women

(An Autonomous Institution)

(Reaccredited with "A" grade by NAAC)

Institution included u/s 2(f) and 12(B) of UGC

Affiliated to Manonmaniam Sundaranar University

(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)

Ariyakulam, Tirunelveli Thoothukudi -High Road, Maharaja Nagar Post,

TIRUNELVELI- 627 011.

Website: [srisaradacollege.org](http://srisaradacollege.org)



## INTERNATIONAL YOGA DAY PROGRAMME

15 Days Lecture Workshop (07-6-22 to 21-6-22)

Conducted by Department of Commerce

Date: 11.06.2022 Venue: Seminar Hall Mode: Hybrid Mode



The Students of I, II and III B.Com. and Faculty Members of Sri Sarada College for Women (Autonomous)-Tirunelveli-627011, have participated in the Online lecture workshop of International Yoga Day programme titled "Practice of Yoga" by Arulnithi A.Nagarajan, President, Nellai Manavalakalai Mandram Trust, Senior Professor, World Community Service Centre, Senior Manager ,IOB (Rtd.), Tirunelveli on 11<sup>th</sup> June 2022 from 02.00 pm to 03.30 pm.



**Sri Sarada College for Women**  
(An Autonomous Institution)  
(Reaccredited with “A” grade by NAAC)  
Institution included u/s 2(f) and 12(B) of UGC  
Affiliated to Manonmaniam Sundaranar University  
(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)  
Ariyakulam, Tirunelveli Thoothukudi –High Road, Maharaja Nagar Post,  
**TIRUNELVELI- 627 011.**  
Website: [srisaradacollege.org](http://srisaradacollege.org)

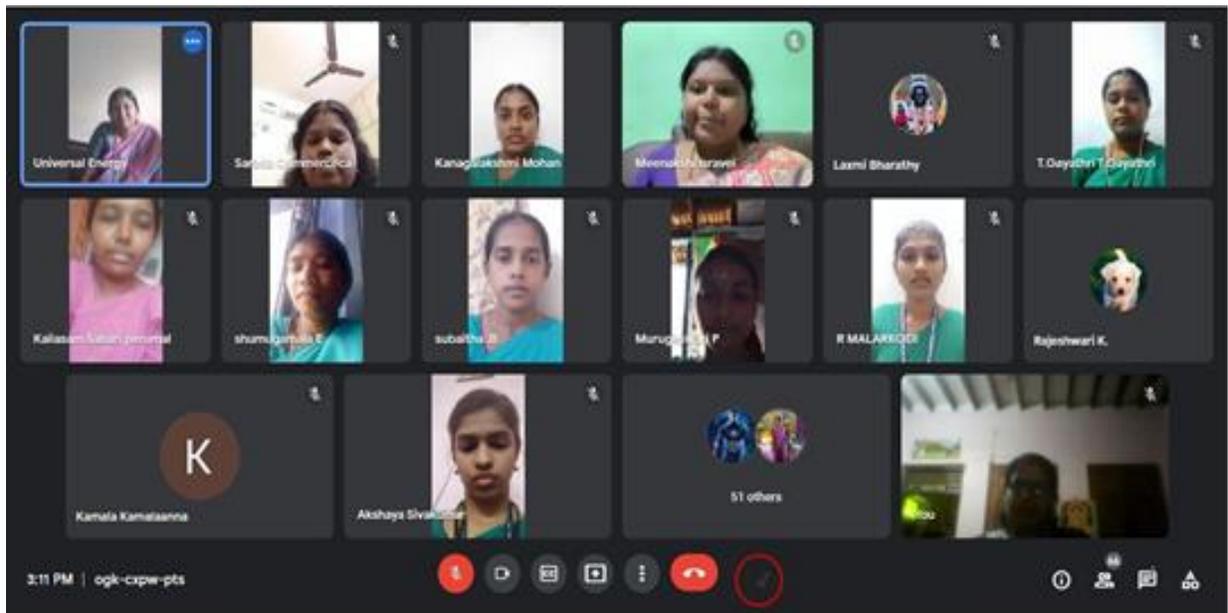


## INTERNATIONAL YOGA DAY PROGRAMME

**15 Days Lecture Workshop (07-6-22 to 21-6-22)**

**Conducted by Department of Commerce [CS]**

**Date: 12.06.2022 Venue: Seminar Hall Mode: Online Mode**



The Students of I, II & III B.Com. [CS], I & II M. Com, M.Phil. Commerce., and Faculty Members of Sri Sarada College for Women (Autonomous) – Tirunelveli - 627011, have attended the Online lecture Workshop of International Yoga day Programme titled **“Rules of Yoga”** by Smt. R. Menaga Lakshmi, M.Sc Naturopathy and Yoga Science, Coimbatore, on 12/06/2022 from 2.00 pm to 3.00 pm. The resource person explained the rules and position of yoga clearly. The students (98) were participated enthusiastically and cleared their doubts with the resource person.



**Sri Sarada College for Women**  
(An Autonomous Institution)  
(Reaccredited with "A" grade by NAAC)  
Institution included u/s 2(f) and 12(B) of UGC  
Affiliated to Manonmaniam Sundaranar University  
(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)  
Ariyakulam, Tirunelveli Thoothukudi -High Road, Maharaja Nagar Post,  
**TIRUNELVELI- 627 011.**  
Website: [srisaradacollege.org](http://srisaradacollege.org)

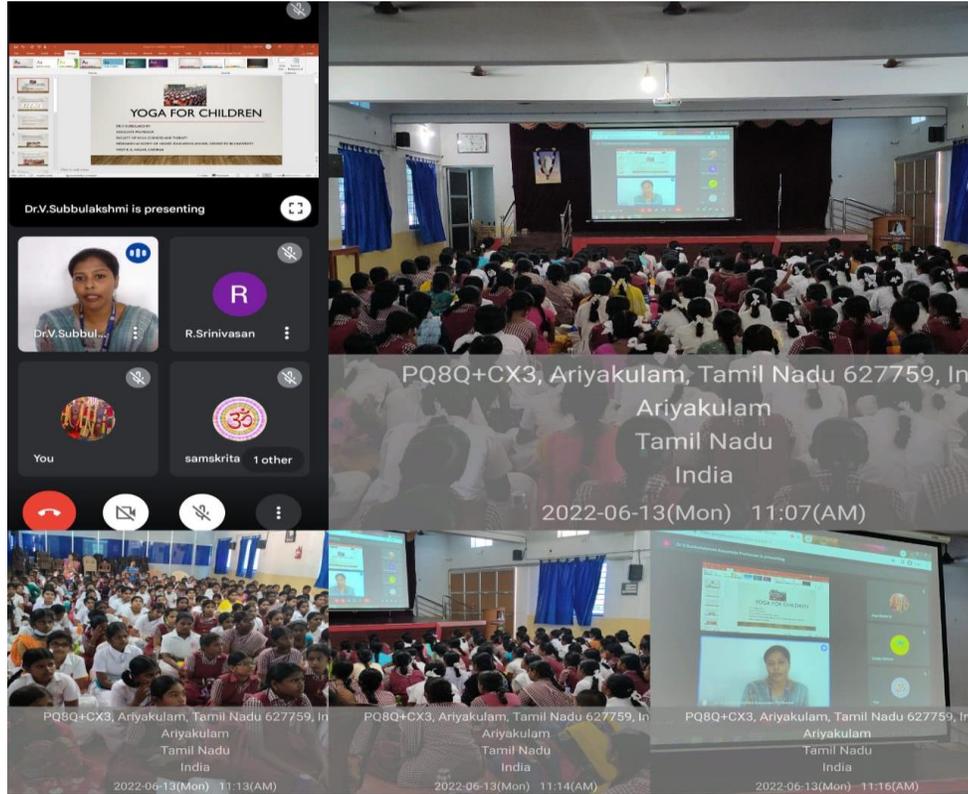


## INTERNATIONAL YOGA DAY PROGRAMME

**15 Days Lecture Workshop (07-6-22 to 21-6-22)**

**Conducted by Department of Sanskrit**

**Date: 13.06.2022 Venue: Seminar Hall Mode: Hybrid Mode**



The Students of Sri Sarada Matric Higher Secondary School and Faculty members of Sri Sarada College for Women (Autonomous)-Tirunelveli-627011, have participated in the Online lecture workshop of International Yoga Day Programme titled **"Yoga for children"** addressed by Dr.V.Subbulakshmi Velusamy, Associate Professor, Faculty of Yoga Sciences and Therapy, Meenakshi Academy of Higher Education and Research Institute, Chennai, on 13 June 2022 from 11.00 am to 12.00 pm.



**Sri Sarada College for Women**  
(An Autonomous Institution)  
(Reaccredited with “A” grade by NAAC)  
Institution included u/s 2(f) and 12(B) of UGC  
Affiliated to Manonmaniam Sundaranar University  
(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)  
Ariyakulam, Tirunelveli Thoothukudi –High Road, Maharaja Nagar Post,  
**TIRUNELVELI- 627 011.**  
Website: [srisaradacollege.org](http://srisaradacollege.org)



## INTERNATIONAL YOGA DAY PROGRAMME

**15 Days Lecture Workshop (07-6-22 to 21-6-22)**

**Conducted by Department of Mathematics**

**Date: 14.06.2022 Venue: Seminar Hall Mode: Hybrid Mode**



PQ8R+62R, Ariyakulam, Tamil Nadu 627759, India

Latitude 8.715381666666667° Longitude 77.79090666666666°  
Local 02:35:08 PM Altitude 85.8 meters



PQ8Q+CX3, Ariyakulam, Tamil Nadu 627759

Latitude 8.7156349° Longitude 77.7910618°  
Local 02:29:19 PM Altitude -49.3 meters  
GMT 08:59:19 AM Tuesday, 14-06-2022



PQ8Q+CX3, Ariyakulam, Tamil Nadu 627759

Latitude 8.7156349° Longitude 77.7910618°  
Local 02:11:53 PM Altitude -49.3 meters  
GMT 08:41:53 AM Tuesday, 14-06-2022



PQ8Q+CX3, Ariyakulam, Tamil Nadu 627759, India

Latitude 8.7156373° Longitude 77.7910607°  
Local 03:30:16 PM Altitude -49.3 meters  
GMT 10:00:16 AM Tuesday, 14-06-2022

The Students of Mathematics Department and Faculty members of Sri Sarada College for Women(Autonomous)-Tirunelveli-627011 have participated in the lecture workshop of International Yoga Day Programme titled “Yoga for women” by Smt. K. Packialakshmi, Professor, Kundalini Yoga Trust, Tirunelveli, on 14<sup>th</sup> June 2022 from 2.00pm to 3.00 pm



**Sri Sarada College for Women**  
(An Autonomous Institution)  
(Reaccredited with "A" grade by NAAC)  
Institution included u/s 2(f) and 12(B) of UGC  
Affiliated to Manonmaniam Sundaranar University  
(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)  
Ariyakulam, Tirunelveli Thoothukudi –High Road, Maharaja Nagar Post,  
**TIRUNELVELI- 627 011.**  
Website: [srisaradacollege.org](http://srisaradacollege.org)



## INTERNATIONAL YOGA DAY PROGRAMME

**15 Days Lecture Workshop (07-6-22 to 21-6-22)**

**Conducted by Department of Physics**

**Date: 15.06.2022 Venue: Seminar Hall Mode: Hybrid Mode**



The students of Physics Department and Faculty members of Sri Sarada College for Women (Autonomous), Tirunelveli – 627011, have participated in the Online workshop on International Yoga Day Programme titled “Yoga for aged” addressed by Mr. K. Parthasarathi, Yoga teacher, Amrita Vidyalayam Senior Secondary School, Maravan Madam (Post), Thoothukudi, on 15 June 2022 from 2.00pm to 3.00pm.



# Sri Sarada College for Women

(An Autonomous Institution)

(Reaccredited with "A" grade by NAAC)

Institution included u/s 2(f) and 12(B) of UGC

Affiliated to Manonmaniam Sundaranar University

(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)

Ariyakulam, Tirunelveli Thoothukudi –High Road, Maharaja Nagar Post,

TIRUNELVELI- 627 011.

Website: [srisaradacollege.org](http://srisaradacollege.org)



## INTERNATIONAL YOGA DAY PROGRAMME

15 Days Lecture Workshop (07-6-22 to 21-6-22)

Conducted by Department of Chemistry

Date: 16.06.2022 Venue: Seminar Hall Mode: Hybrid Mode



The Students of Chemistry Department and Faculty members of Sri Sarada College for Women (Autonomous)-Tirunelveli-627011, have participated in the Online workshop of International Yoga Day Programme titled **"Yoga and Sports"** by Dr.Mrs.S.Selvalakshmi, Assistant Professor, Department of Yoga, Tamilnadu Physical Education and Sports University, Chennai-600127, on 16 June 2022 at 3.00 to 4.00 pm. She insisted the importance and need of Yoga and Sports for the modern world. She explained the Ashtanga yoga and yoga practices for the development of physical and mental characteristics of the students. 56 students were enthusiastically participated.



# Sri Sarada College for Women

(An Autonomous Institution)

(Reaccredited with "A" grade by NAAC)

Institution included u/s 2(f) and 12(B) of UGC

Affiliated to Manonmaniam Sundaranar University

(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)

Ariyakulam, Tirunelveli Thoothukudi -High Road, Maharaja Nagar Post,

TIRUNELVELI- 627 011.

Website: [srisaradacollege.org](http://srisaradacollege.org)



## INTERNATIONAL YOGA DAY PROGRAMME

**15 Days Lecture Workshop (07-6-22 to 21-6-22)**

**Conducted by Department of Computer Science**

**Date: 17.06.2022 Venue: Seminar Hall Mode: Hybrid Mode**



The Students of Computer Science Department and Faculty members of Sri Sarada College for Women(Autonomous)-Tirunelveli-627011, have participated in the Online workshop of International Yoga Day Programme titled **“Yoga – an art of life”** by Mr.V.Sugumar, Yoga Instructor, Aravind Yoga and Research Center, Chennai, Tamilnadu, on 17 June 2022 from 2.00pm to 3.30pm. He delivered an informative and interesting lecture on Yoga an Art of Life.



**Sri Sarada College for Women**  
(An Autonomous Institution)  
(Reaccredited with "A" grade by NAAC)  
Institution included u/s 2(f) and 12(B) of UGC  
Affiliated to Manonmaniam Sundaranar University  
(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)  
Ariyakulam, Tirunelveli Thoothukudi –High Road, Maharaja Nagar Post,  
**TIRUNELVELI- 627 011.**  
Website: [srisaradacollege.org](http://srisaradacollege.org)



## INTERNATIONAL YOGA DAY PROGRAMME

**15 Days Lecture Workshop (07-6-22 to 21-6-22)**

**Conducted by Department of Information Technology**

**Date: 18.06.2022 Venue: Seminar Hall Mode: Online Mode**



**SRI SARADA COLLEGE FOR WOMEN**  
(An Autonomous Institution)  
(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)  
Institution recognized u/s 2(f) and 12(B) of UGC & Reaccredited with "A" grade by NAAC  
(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)  
Ariyakulam, Thoothukudi HW, Maharaja Nagar Post,  
Tirunelveli - 627011, Tamilnadu, India

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

Department of Information Technology  
Organizes  
Webinar on "Yoga - Science of culture"

Resource Person  
Mrs. Gayathri Vasudevan  
Yoga Sironmani,  
Yoga Instructor and  
Heartfulness Trainer,  
Tenkasi, Tamilnadu.

Date: 18.06.2022  
Day: Saturday  
Time: 02.00  
pm-03.00pm

Platform: Google Meet Link: <https://meet.google.com/owx-miyf->

The screenshot on the right shows a Google Meet interface with participants: Indra sakhivel, Usha Rani, saradait webinar, Akni Devi, 202kuto7. Har, Pavithra Genesan, Selvi Mariappan, and 28 others.

The Students of Information Technology Department and Faculty members of Sri Sarada College for Women(Autonomous)-Tirunelveli-627011, have participated in the lecture workshop of International Yoga Day Programme titled **"Yoga-Science of Culture"** by Mrs. Gayathri Vasudevan, Yoga Sironmani, Yoga Instructor and Heartfulness Trainer, Tenkasi from 2.00pm to 3.00pm. In this session, the resource person has explained 8 steps to maintain Mind Health. She demonstrated both meditation and meditation through transmission method. The participants tried it and experienced the difference.



**Sri Sarada College for Women**  
(An Autonomous Institution)  
(Reaccredited with “A” grade by NAAC)  
Institution included u/s 2(f) and 12(B) of UGC  
Affiliated to Manonmaniam Sundaranar University  
(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)  
Ariyakulam, Tirunelveli Thoothukudi –High Road, Maharaja Nagar Post,  
**TIRUNELVELI- 627 011.**  
Website: [srisaradacollege.org](http://srisaradacollege.org)

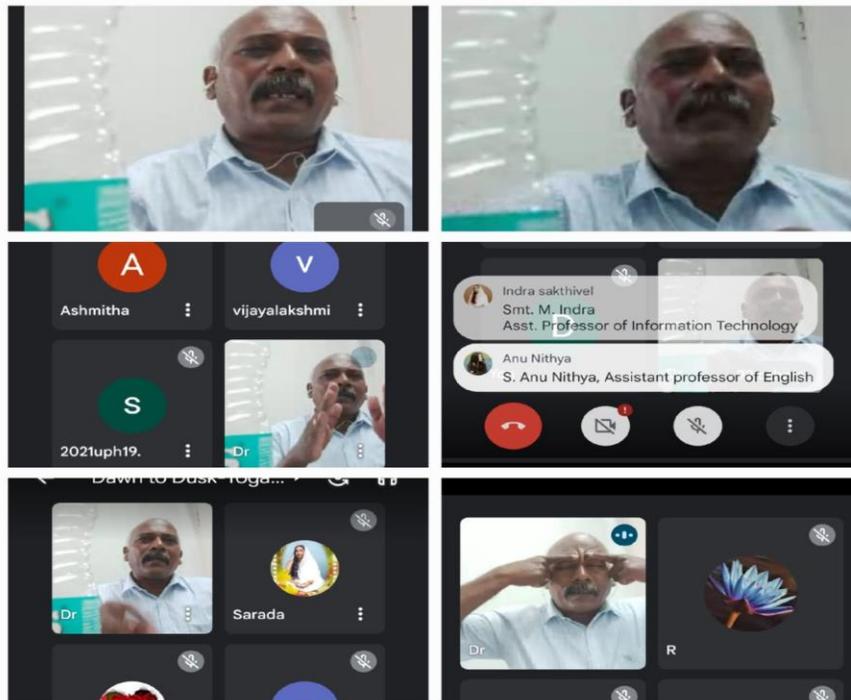


## INTERNATIONAL YOGA DAY PROGRAMME

**15 Days Lecture Workshop (07-6-22 to 21-6-22)**

**Conducted by IQAC**

**Date: 19.06.2022 Venue: Seminar Hall Mode: Online Mode**



The Students and Faculty members of Sri Sarada College for Women(Autonomous)-Tirunelveli-627011, have participated in the lecture workshop of International Yoga Day Programme titled **“Dawn to Dusk-Yoga Life style”** by Dr. S. Murugesan, Associate Professor, Faculty of Yoga Sciences and Therapy, Meenakshi Academy of Higher Education and Research Institute, Chennai, on 19 June 2022 from 11:00 am to 12:00pm. In this session, the resource person has demonstrated various asana to recover from pain (neck, knee, Head, Stomach). He gives home remedies to reduce fat and about healthy food.



**Sri Sarada College for Women**  
(An Autonomous Institution)  
(Reaccredited with "A" grade by NAAC)  
Institution included u/s 2(f) and 12(B) of UGC  
Affiliated to Manonmaniam Sundaranar University  
(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)  
Ariyakulam, Tirunelveli Thoothukudi –High Road, Maharaja Nagar Post,  
**TIRUNELVELI- 627 011.**  
Website: [srisaradacollege.org](http://srisaradacollege.org)

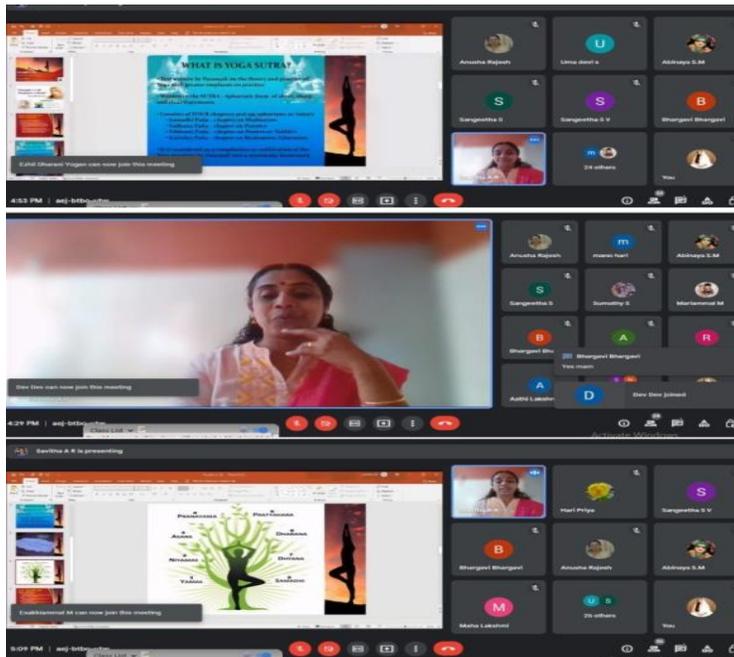


## INTERNATIONAL YOGA DAY PROGRAMME

**15 Days Lecture Workshop (07-6-22 to 21-6-22)**

**Conducted by Department of Computer Applications**

**Date: 20.06.2022 Venue: Seminar Hall Mode: Online Mode**



The Students of Computer Applications and Faculty members of Sri Sarada College for Women(Autonomous)-Tirunelveli-627011, have participated in the Online workshop of International Yoga Day Programme titled **"Benefits of Yoga"** addressed by Dr. Savitha A.R, Assistant Professor and Head, Research Centre in English, Sree Ayyappa College for Women, Nagarkovil, on 20 June 2022 from 4.00pm to 5.00pm. She shared her views on Aparigraha" is a component of 'Yama' one of the eight limbs (Ashtanga) of Yoga. Practice of Yama is important as it is what that defines our interactions with others in the Universe / Nature. Aparigraha means to have only that is needed for the protection, development and nurturing of the body, mind and intellect.



# Sri Sarada College for Women

(An Autonomous Institution)

(Reaccredited with "A" grade by NAAC)

Institution included u/s 2(f) and 12(B) of UGC

Affiliated to Manonmaniam Sundaranar University

(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)

Ariyakulam, Tirunelveli Thoothukudi –High Road, Maharaja Nagar Post,

TIRUNELVELI- 627 011.

Website: [srisaradacollege.org](http://srisaradacollege.org)

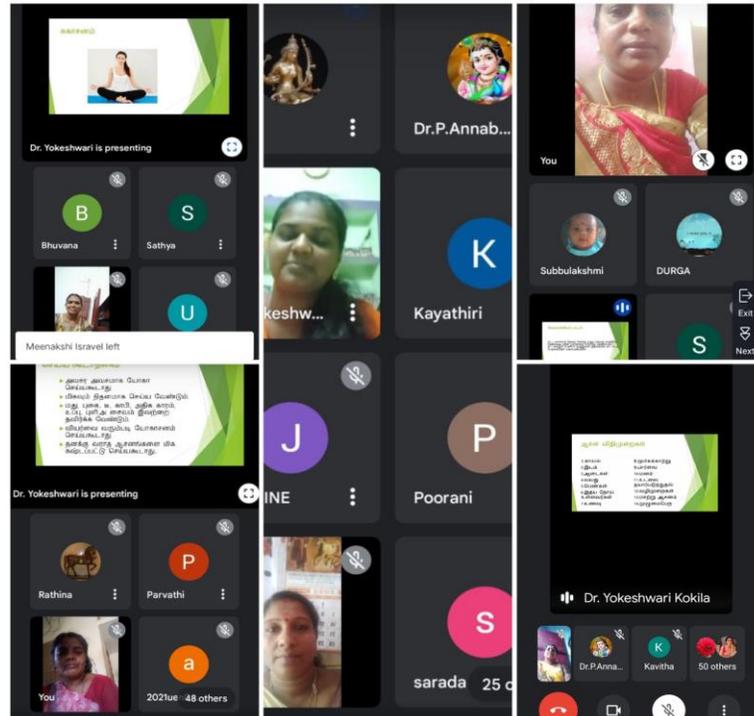


## INTERNATIONAL YOGA DAY PROGRAMME

**15 Days Lecture Workshop (07-6-22 to 21-6-22)**

**Conducted by NSS Units (24,25,153,233 & 237)**

**Date: 21.06.2022 Venue: Seminar Hall Mode: Online Mode**



The Parents of NSS volunteers and Faculty Members of Sri Sarada College for Women (Autonomous), Tirunelveli – 627011 have participated in the Online workshop of International Yoga Day programme titled **“Yoga on Mind and Physique”** by Dr.M.Yokeswari, Yoga Consultant, Tirunelveli on 21 June 2022 from 2.00 pm to 3.00 pm. She explained eight stages of Yoga and basic asana required for our daily life. 57 parents were participated in this programme.



# Sri Sarada College for Women

(An Autonomous Institution)

(Reaccredited with "A" grade by NAAC)

Institution included u/s 2(f) and 12(B) of UGC

Affiliated to Manonmaniam Sundaranar University

(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)

Ariyakulam, Tirunelveli Thoothukudi -High Road, Maharaja Nagar Post,

TIRUNELVELI- 627 011.

Website: [srisaradacollege.org](http://srisaradacollege.org)

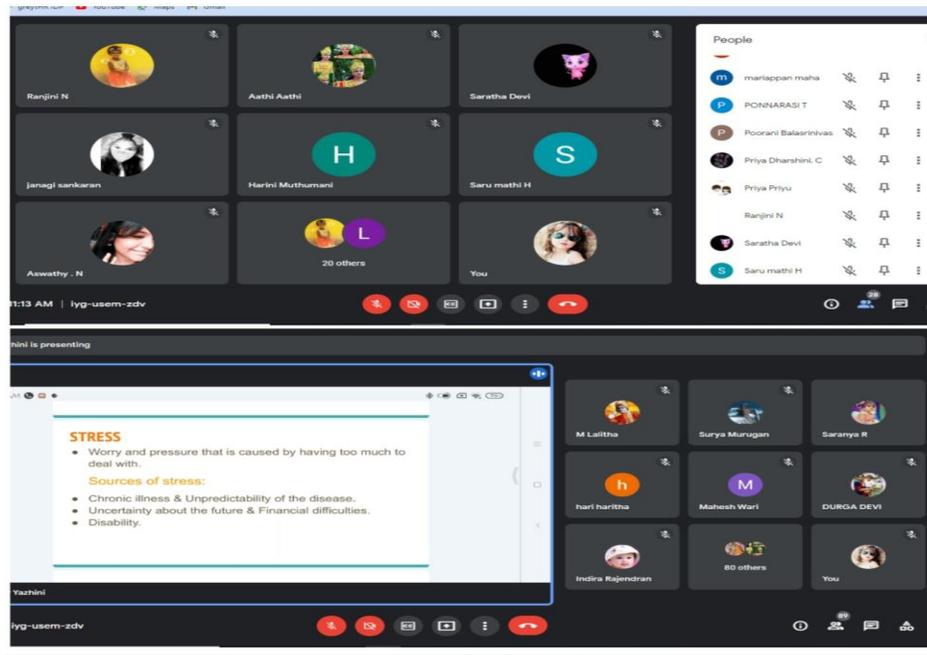


## INTERNATIONAL YOGA DAY PROGRAMME

15 Days Lecture Workshop (07-6-22 to 21-6-22)

Conducted by YRC

Date: 21.06.2022 Venue: Seminar Hall Mode: Online Mode



The Students of YRC and Faculty members of Sri Sarada College for Women(Autonomous)-Tirunelveli-627011 have participated in the online workshop of International Yoga Day Programme titled **“Yoga – SAD (Stress-Anxiety-Depression) Free health”** addressed by Dr.C.Yazhini Praveena Devi, Thiruvadi Uyirmei Siddha Health Centre, Chitlapakkam, Chennai – 600064 on 21<sup>st</sup> June 2022 from 11.30am to 12.30 pm. The chief guest highlighted the importance of Surya Namaskaram and guidelines to follow the 21 days’ challenge. The students actively participated.



**Sri Sarada College for Women**  
(An Autonomous Institution)  
(Reaccredited with “A” grade by NAAC)  
Institution included u/s 2(f) and 12(B) of UGC  
Affiliated to Manonmaniam Sundaranar University  
(A branch of Sri Ramakrishna Tapovanam, Tirupparaithurai)  
Ariyakulam, Tirunelveli Thoothukudi –High Road, Maharaja Nagar Post,  
**TIRUNELVELI- 627 011.**  
Website: [srisaradacollege.org](http://srisaradacollege.org)

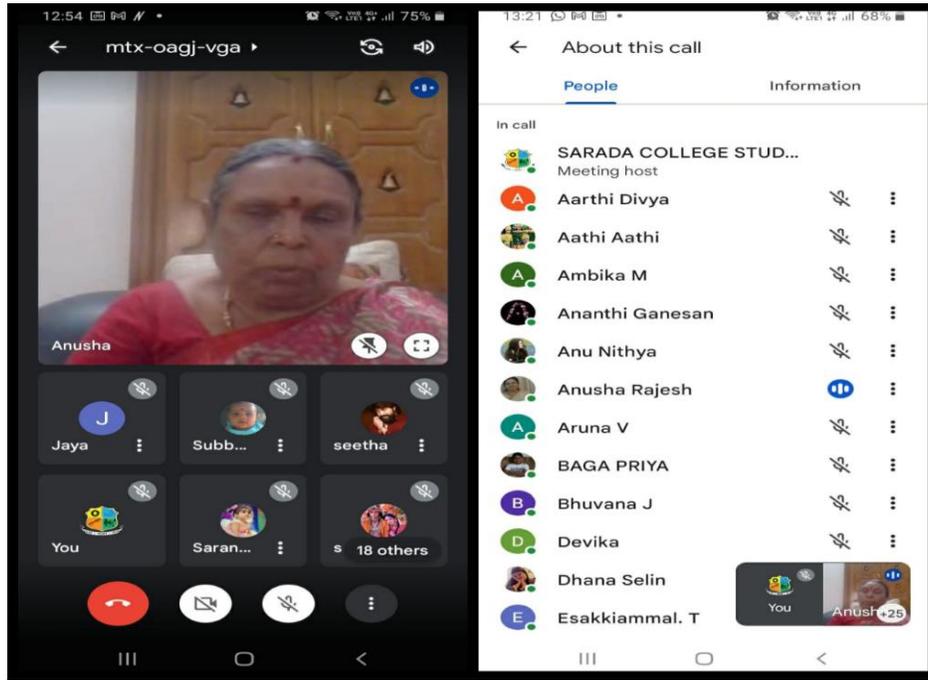


## INTERNATIONAL YOGA DAY PROGRAMME

**15 Days Lecture Workshop (07-6-22 to 21-6-22)**

**Conducted by RRC**

**Date: 21.06.2022 Venue: Seminar Hall Mode: Online Mode**



The Students of RRC and Faculty members of Sri Sarada College for Women (Autonomous)-Tirunelveli-627011 have participated in the online workshop on International Yoga Day Programme titled **“Yoga – Promising solution for Peace”** addressed by Prof.T.Kollammai, Nellore Manavalakalai Mandram Trust, World Community Service Centre, Tirunelveli, on 21<sup>st</sup> June 2022 from 12.45am to 1.45 pm.