

# The Standard Fireworks Rajaratnam College for Women (Autonomous), Sivakasi.

(Affiliated to Madurai Kamaraj University, Reaccredited with 'A+' GRADE by NAAC,  
College with Potential for Excellence by UGC and Mentor Institution under UGC PARAMARSH and  
An ISO 9001:2015 Certified Institution)



## National Service Scheme

(Units 179, 180, 181, 182, 210)

## National Cadet Corps

&

## Department of Physical Education

—>>> *Celebrate* <<<—

## 12<sup>th</sup> International Yoga Day

# Yoga for Healthy Ageing



**Date:**

20.06.2026 (Saturday)



**Time:**

9.50 a.m. to 10.50 a.m.



**Venue:**

New Indoor Stadium



### CHIEF PATRONS

Tmt. Thilagavathy Ravindran, President

Tmt. Aruna Ashok, Secretary



### PATRON

Dr.R.Sudha Periathai, Principal



### RESOURCE PERSON

Mrs. Vasuki Manickarajan

B.Sc., M.A in yoga, PGDND, DYT, M.Voc in yoga

Laya Yoga Markam, Sivakasi



### ORGANISING SECRETARIES

Dr. S. Vijayakumari, Physical Directress

Dr. R. Vijaya Priya, Part-V Coordinator

Dr. B. Meenakshi, Part-V Coordinator



### STUDENTS COORDINATORS

C. Padmapraveena – I BA Tamil

S. Iswaryaa – II B.Sc., Computer Science



*Age with Grace,  
Live with Balance*



—>>> *All are cordially Invited* <<<—