



THE STANDARD FIREWORKS RAJARATNAM COLLEGE FOR WOMEN (AUTONOMOUS), SIVAKASI

(Affiliated to Madurai Kamaraj University, Madurai and recognized by UGC, Colleges with
Relevant Per Centage for UGC and Madurai Kamaraj University (U.G. & M.K.U.))

PG & RESEARCH DEPARTMENT OF HISTORY
ALUMINAE GUEST LECTURE on

YOGA – “FROM STRESS TO SERENITY”

RESOURCE PERSON
P. PON KARTHIGA DEVI,
YOGA TRAINER,
CHENNAI.

Venue
Auditorium

Date
10.10.24



Chief Patrons

Tmt. Thilagavathy Ravindran-President

Tmt. Aruna Ashok- Secretary

Patron – Dr. R. Sudha Periathal- Principal

Convenor-Dr.V.Ramya-Head & Asst. Prof. of History

Organizing Secretary

Dr. J. Mekala Devi , Assistant Professor of History

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Dr. K. Neela Pushpam

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Assistant Professors of History

Ms. V. Thanga Karthika – Visiting Faculty

Dr. P. Stella MuthuRajam – Associate Professor of
Economics

Dr. R. Kalaivani – Assistant Professor of Geography

Student Representatives

K. Mariammal – I M.A History - 2403106

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All are cordially invited