



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
PARAMARSH Scheme)

NSS AND NCC

In Association with Asvika Healing Care System,
Sivakasi



International Yoga Day Webinar on

"PREVENTION OF EVERYDAY AILMENTS (WOMEN)"

Date: 21.6.2021

Time: 06.00 p.m – 07.00 p.m

Resource person

Dr. Maxwell Jude
RMP, CAMS, MBCCT



Chief Patrons

Tmt. Thilagavathi Ravindran, President
Tmt. Aruna Ashok, Secretary

Patron

Dr. T. Palaneeswari, Principal



Yogashree, T. Gnanavani, M.Sc., Yoga
National Yoga Jury and Guinness Record Holder,
Asvika Healing Care System, Sivakasi

Conveners

Mrs. B. Theresita Mary Shanthi,
Advisor
Associate Professor of Computer Science

Mrs. R. Vijayapriya,
Part-V Coordinator
Assistant Professor of Tamil

Organizing Secretaries

Dr. N. Kavitha,
NSS PO 179 & Assistant Professor of Tamil
Dr. K. Geetha
NSS PO 180 & Assistant Professor of Botany
Dr. S. Jayanthi
NSS PO 181 & Assistant Professor of Physics
Dr. S. Kartheeswari,
NSS PO 182 & Assistant Professor of Commerce (CA) SF
Dr. G. Umadevi,
NSS PO 210 & Assistant Professor of English

Lt. N. Banumathi

Associate NCC Officer & Assistant Professor of English

Meeting Link: <https://bit.ly/YogaDaySpecial2021>

Youtube link : <https://youtu.be/oswgzMQ9L9s>

***No Registration Fee**

*** E Certificate will be Provided**