



THE STANDARD FIREWORKS RAJARATNAM COLLEGE FOR WOMEN

(Autonomous), Sivakasi

(Affiliated to Madurai Kamaraj University and Re-Accredited with A-Grade by NAAC)
College with Potential for Excellence by UGC & Mentor Institution under UGC PARAMARSH)



LETS CELEBRATE HEALTHY LIVING EVERYDAY



PG & Research Department of English organises

YOGA FOR YOU

Participants have to submit a 30 seconds recorded video while performing an asana of their choice.

CHIEF PATRONS

TMT. THILAGAVATHY RAVINDRAN,
PRESIDENT

TMT. ARUNA ASHOK,
SECRETARY

PATRON

DR. T. PALANEESWARI,
PRINCIPAL

CONVENER

DR. K. MUTHAMAIL SELVI
HEAD & ASSOCIATE PROFESSOR

COORDINATORS

DR. P. KARTHIKA DEVI
ASSISTANT PROFESSOR

DR. S. SOBANA
ASSISTANT PROFESSOR

Contests open
to SRFCIANS
(Staffs & Students)

Best performance will
be awarded

Submission link for staffs:

<http://forms.gle/ib4TsPnhpoyDFkfe7>

Submission link for students:

<http://forms.gle/RUUXKByURsWooQREA>

Last date : 21/06/21
(till 10:00 AM)

E-certificate will be provided for the participants