



**SEETHALAKSHMI RAMASWAMI COLLEGE**

(Autonomous)

ACCREDITED WITH A+ GRADE BY NAAC (4<sup>th</sup> Cycle)

Affiliated to Bharathidasan University

Tiruchirappalli – 620 002



**Centre for Ethics & Human Values**

Jointly with

**PG and Research Department of English**

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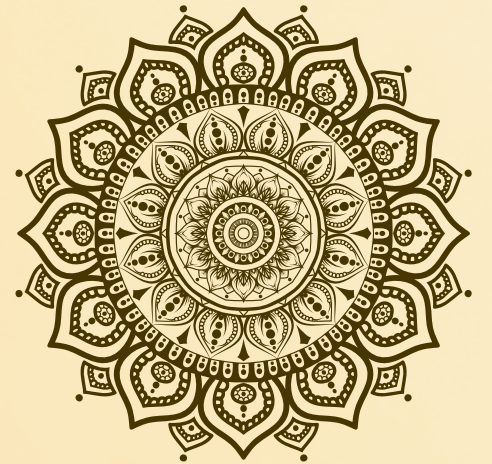
**Research Department of Zoology**

in collaboration with

**Krishnamacharya Yoga Mandiram, Chennai**

celebrate

**International Women's Day - 2023**



**YOGA FOR WOMEN**

**Date: 08.03.2023**

**Time: 10.00 a.m.**

**Venue: Manicka Vinayagar Open Auditorium**

# Programme

**Welcome Address -**

**Dr. S. Usha**  
**Associate Professor of Sanskrit and**  
**Co-ordinator, Centre for Ethics & Human Values**  
**Seethalakshmi Ramaswami College**  
**Tiruchirappalli**

**Womens' Day Address -**

**Smt. Nrithya Jagannathan**  
**Senior Yoga Therapist and**  
**Director, KYM Institute of Yoga Studies**  
**Krishnamacharya Yoga Mandiram, Chennai**

**Yoga Session -**

**Smt. Lakshmi Vibu**  
**Senior Yoga Therapist & Yoga Teacher**  
**and**  
**Smt. Ambika Athree**  
**Yoga Teacher**  
**Krishnamacharya Yoga Mandiram, Chennai**

**Vote of Thanks -**

**Dr. A. S. Maheshwari**  
**Assistant Professor & Head**  
**Research Department of Zoology**  
**Seethalakshmi Ramaswami College**  
**Tiruchirappalli**

**All are cordially invited**

