



Sri Sarada College for Women (Autonomous)

Reaccredited with “B++” Grade by NAAC

(Affiliated to Periyar University)

Salem - 636 016 .

Internal Quality Assurance Cell, National Service Scheme and Youth Red Cross

Jointly Organize

The International Day of Yoga

Title : Yoga for Healthy Ageing

Time : 9.45 a.m to 10.45 a.m

Date : 22.06.2026

Venue : Sister Nivedita Auditorium

Resource Persons



Dr. N. Lalitha, BSMS, PGDYA, M.A. (YOGA),
DYBT, VARMA, M.ACU,
Lalitha Hospital, Salem.



Mrs. V. Selvi, D.Pharm., M.A., M.Phil. (YHE), LMNT, YIC &
Yoga Therapist (SVYASA), Yog Prashikshak
Member of Indian Yoga Association.

ORGANIZING SECRETARIES

IQAC CO-ORDINATOR

Dr.P.Umamaheswari

NSS PROGRAMME OFFICERS

Dr.V.Banumathi

Dr.S.Sangeetha

Dr.S.Maheswari

Dr.T.Ananthavalli

YRC PROGRAMME OFFICER

Dr.D.Ghayathry

CONVENOR

Dr.S.S.Gomathi

Principal