



THE MANAGEMENT , PRINCIPAL, STAFF AND STUDENTS  
of

# HOLY CROSS COLLEGE

(AUTONOMOUS)

Affiliated to Bharathidasan University  
Nationally Accredited 4th cycle with A++Grade ( CGPA3.75/4) by NAAC  
college with potential for Excellence  
Tiruchirappalli -620002, Tamilnadu, India

## ***"Yoga for one Earth, one Health"***



Presided by

Rev.Sr.Dr.Isabella Rajakumari

Principal

Holy Cross College (Autonomous)

Tiruchirappalli -2

Guest of Honour

Mrs. Lalitha Sivakumar

Heartfullness Trainer

Trichy

Guest of Honour

Yogachariya J. Rajasekar

Secretary -Tiruchirapalli

Yagasana Sports Development

Association -Trichy

11th INTERNATIONAL

# Yoga Day

21ST JUNE 2025

*Cordially invite you all*

**At 7.30 am in the College Ground**

# AGENDA

- Prayer Song
- Bible Reading
- Prayer
- Welcome Address
- Honouring The Chief Guest
- Mindfulness Meditation
- Yoga Demonstration
- Vote of Thanks
- National Anthem

INTERNATIONAL  
**Yoga Day**  
21ST JUNE