

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 & Mentor Institution under UGC PARAMARSH)



Department of Physical Education &

Art of Living, Sivakasi

Jointly Celebrate



"1ST WORLD MEDITATION DAY"

Date: 21.12.2024 Time: 02.30 p.m. to 03.30 p.m.

Venue: New Indoor Stadium

Chief Patrons

Tmt. Thilagavathy Ravindran, President

Tmt. Aruna Ashok, Secretary

Patron

Dr.R.Sudha Periathai, M.Sc.,M.Phil.,Ph.D

Principal

Resource Persons

Ms.S.Yoga Shivani, Teacher, Art of Living,

Mrs.M.Banu Rekha, Teacher, Art of Living,

Mrs.A.Shenbaga Santhi, Teacher, Art of Living,



Organising Secretaries

Dr.S.Vijayakumari, M.Sc.,MBA.,M.P.Ed.,M.Phil.,Ph.D

Physical Directress

Ms.V.Sasi Priya, B.A.M.P.Ed.,M.Phil.,

Assistant Physical Directress

Students Co-ordinators

1.A.Kanirathinam III.B.sc Maths

2.G.Ponbharathi II.BA History



All are cordially invited

"Meditation is not a way to make your mind quiet.

It's a way to enter into the quiet that's already there."

- Deepak Chopra