



# St. Joseph's College (Autonomous)

Special Heritage Status awarded by UGC

Accredited at "A++" Grade by NAAC

Tiruchirappalli - 620002

Celebrating

## INTERNATIONAL YOGA DAY - 2020

YOGA with FAMILY

Being together ..... Breathing Together

Yoga Instructor

**Dr. Helen Carter BNYS**

Primary Health Centre, Kulumani, Trichy

**DATE : 25-06-2020**

**TIME : 07.00am - 08.00am**

**For Registration**

<https://forms.gle/6XNjV65RuT7x3Mkw5>

***E-Certificates will be issued to all Participants***

