



DEPARTMENT OF BIOCHEMISTRY
ST. JOSEPH'S COLLEGE
(AUTONOMOUS)



Accredited at A⁺⁺ Grade (Cycle IV) by NAAC Special Heritage Status awarded by UGC
College with Potential for Excellence by UGC DBT-STAR & DST-FIST sponsored College
25th Rank in NIRF 2025

TIRUCHIRAPPALLI - 620 002

Wellness Club

of the
Department of Biochemistry

organizes a
Yoga Programme on

"PRANAYAMA: A PATH TO PHYSICAL AND MENTAL WELL-BEING"

Date	Time	Venue
17.07.2026	10.00 a.m.	Biochemistry Seminar Hall

PRESIDED OVER BY



Dr. D. Kumar
Deputy Principal
St. Joseph's College (Autonomous)
Tiruchirappalli

RESOURCE PERSON



Dr. R Mangai Begum
Assistant Professor
Dept of Information Technology
St. Joseph's College (Autonomous)
Tiruchirappalli 620 002.

All are invited

Dr. P.G. Geegi
Association President

Prof. T. Antony Diwakar Chandran
Staff In-charge