



St. Joseph's College (Autonomous)

Special Heritage Status Awarded by UGC
Accredited at A++ Grade (4th Cycle) by NAAC
Tiruchirappalli, TamilNadu, India



INTERNATIONAL YOGA DAY

“Yoga for Healthy Ageing”



DATE: 20th JUNE 2026 , SATURDAY | TIME: 7 AM | VENUE: IB GROUND, SJC

Organized by

2 (TN) BN NCC INFANTRY

2 (TN) ARMD SQN NCC

5 (TN) NAVAL UNIT NCC

3 (TN) AIR SQN, TECH NCC

NSS

**PHYSICAL EDUCATION &
SPORTS**

All are invited