



THE MANAGEMENT, PRINCIPAL. STAFF AND STUDENTS OF
SOKA IKEDA COLLEGE OF ARTS AND SCIENCE FOR WOMEN
(AFFILIATED TO THE UNIVERSITY OF MADRAS)
SETHU BHASKARA NAGAR, MADHANANGKUPPAM, CHENNAI-600 099

***Research Center for Ikedian Studies
and
Human Values Club***

*In association with IQAC
Cordially invite you for the*

**One Day National Seminar
on
Yoga for Wellness**

Resource Person

**Brahma Kumari Sister Vidhatri
Corporate Trainer
Om Shanti Retreat Centre, Manesar**

**DATE: 02.12. 2023
TIME: 10 A.M.
VENUE: SEMINAR HALL**

**Dr.Meera Murugesan
Principal**

**Mrs. Kogilam Kumanan
Secretary**

**Dr. Sethu Kumanan
Chairman**



Prayer Song

Welcome Address

Felicitation

Session: Yoga for Wellness

Feedback

Vote of Thanks