



## **NESAMONY MEMORIAL CHRISTIAN COLLEGE**

(63<sup>rd</sup> Position in National Rankings 2025 for Colleges by NIRF)

**MARTHANDAM – 629 165, KANNIYAKUMARI DISTRICT**

(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

## **INTERNATIONAL YOGA DAY 2026**

*Theme: "Yoga for Healthy Ageing"*

**On: 20.06.2026, Saturday**

**At: 9.00 AM to 11.00 AM**

**Venue: Seminar Hall – III**

**Organised By: NSS, NCC & My Bharat Kendra**

**Prof. Dr. A.J.S. PRAVIN**  
Correspondent

**Dr. C.H. ARUN**  
Principal i/c

**Dr. P.C. JOSE PAUL**  
NSS Coordinator

**Major. Dr. A. BOYED WESLY**  
NCC Officer

### NSS Programme Officers

**Dr. P. Paul Hawkins**

**Dr. J. Freeda Mabel Rani**

**Dr. S. Jeslin Sunitha Bai**

**Dr. V. Sejin**

**Dr. J. Giftlin Iyadurai**

