



SREE BALAJI COLLEGE OF NURSING (BIHER)

Cordially Invites You to Celebrate

INTERNATIONAL **2026**

YOGA DAY

Theme: "Yoga for Healthy Ageing"

The Management, Principal, Faculty,
and Students of
Sree Balaji College of Nursing (BIHER)
warmly invite you to participate in the
International Yoga Day Celebration.

Let us embrace the timeless practice of yoga
to promote **healthy ageing**, enhance vitality,
mental well-being, and a balanced lifestyle.



EVENT DETAILS



DATE : 19 JUNE 2026



TIME : 10.00 AM ONWARDS



**VENUE : SREE BALAJI COLLEGE
OF NURSING, CHENNAI**

PROGRAMME HIGHLIGHTS



Common Yoga Protocol Session



Pranayama and Meditation



Yoga Demonstration



Awareness Talk on the Benefits of Yoga

CHIEF GUEST

Geethanjaly Premkumar

Advanced Yoga Educator | Wellness Consultant |
Founder of Geetham Yoga



“ Yoga is the journey of the self, through the self, to the self. ”

YOGA BENEFITS FOR HEALTHY AGEING



Improves
Flexibility
and Strength



Enhances
Mental Clarity
and Focus



Supports
Healthy
Ageing



Promotes
Peace, Joy
and Well-being

ONE EARTH, ONE HEALTH. YOGA FOR ALL.



With Regards,
NATIONAL SERVICE SCHEME (NSS)
Sree Balaji College of Nursing (BIHER), Chennai

