



PSG INSTITUTE OF TECHNOLOGY AND APPLIED RESEARCH

Neelambur, Coimbatore - 641062.



YOGA CLUB, DEPARTMENT OF PHYSICAL EDUCATION,  
WELLNESS CENTER, NCC & NSS

*You are warmly invited to...*

**12<sup>th</sup> INTERNATIONAL YOGA DAY**  
*Celebration - 2026*

**"Yoga for Healthy Ageing"**



At 3:30 pm - 4:30 pm



June 19, 2026



Civil E5 - 406



**"Embrace Healthy Ageing Through Yoga"**