



R.M.D. ENGINEERING COLLEGE

NATIONAL SERVICE SCHEME (NSS)

International Day of Yoga - 21.06.2019



Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being. NSS Unit of RMDEC celebrated **International Day of Yoga on 21st June 2019** in assistance with World Community Service Centre, aims to raise awareness of the many benefits of practicing yoga. Totally 15 Staff and 95 Students have participated in this programme.

Venue : Main Block Seminar Hall









Dr. M. Suresh

NSS - Programme Officer