



R.M.D. ENGINEERING COLLEGE

(An Autonomous Institution)

NATIONAL SERVICE SCHEME (NSS)

International Day of Yoga – 21.06.2021



NSS Unit of RMDEC and Department of Physical Education organized a Yoga demonstration program on the occasion of *the International Day of yoga* on **21st June 2021** from 11.30 A.M. to 12.30 P.M. virtually through Zoom platform.

The event started with the Welcome Address by Ms. P. ROSHINI, NSS Volunteer and the introduction of Chief Guest by Dr. M. SURESH, NSS Programme officer.

The Chief Guest Mr. M. NARENDRA, Shiva Yoga Kendra, Anna Nagar East, Chennai with his accumulated experience and knowledge shared the immense benefits of Yoga and motivated to practice it as a MANTRA for a healthy and happy life. Master and his student performed a variety of Asanas followed by Omkar chanting. As per the Government protocols for International Day of Yoga-2021, Warm-up exercises, Asanas of diverse postures were demonstrated along with the mention of its health benefits.

Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the faculty and the students. Following the instructions of the Trainers, the participants performed the Asanas simultaneously. Totally 410 participants, comprising 30 faculty and 380 students attended the Workshop.

The faculty and the students participated with complete interest, enthusiasm and eagerness and appreciated the effort taken for imparting such enlightenment. The informative Workshop on Yoga came to a close with Ms. SMITI, NSS Volunteer, proposing the Vote of Thanks. The Master of ceremony for the program done by Ms. LEKKAL LIKHITHA, NSS Volunteer.

For the well-being of the students and staff community more than 20 days with duration of half an hour from 6.00 am to 7.00 am each day was conducted virtually through Google Meet by the Physical Directors of our college.

Aims and Objectives of this Program

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

Program Invitation



R.M.D. ENGINEERING COLLEGE

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Approved by AICTE, New Delhi, Affiliated to Anna University, Chennai
Five eligible UG Programs Accredited by NBA for 3 Years / Accredited by NAAC / An ISO 9001:2015 Certified Institution
R.S.M Nagar, Kavaraipettai – 601 206, Gummidipoondi Taluk, Tiruvallur District.



NATIONAL SERVICE SCHEME & DEPARTMENT OF PHYSICAL EDUCATION

Organizes Yoga Demonstration on

INTERNATIONAL DAY OF YOGA 2021



Yoga for Harmony & Peace



Mr. M. Narendra

Shiva Yoga Kendra
Anna Nagar East, Chennai

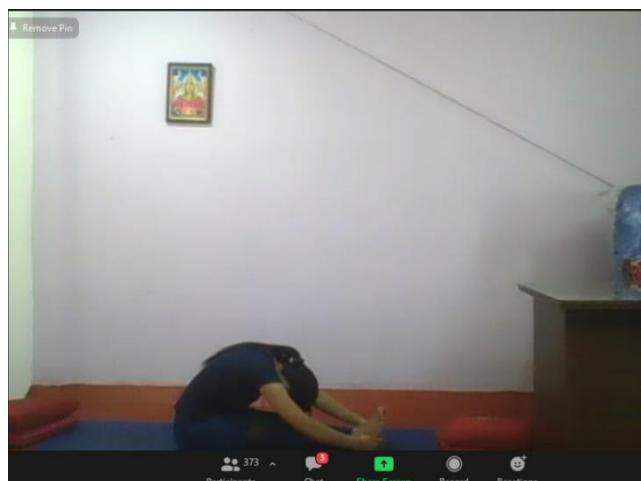
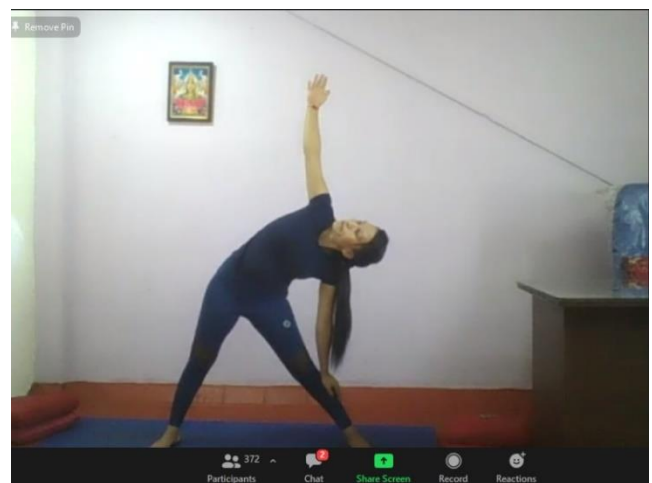


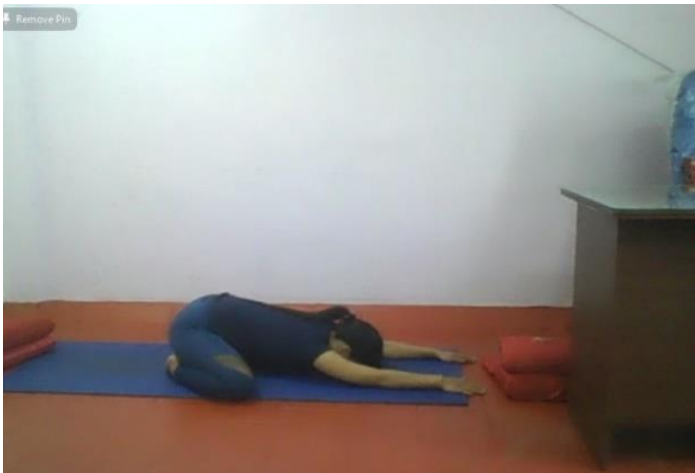
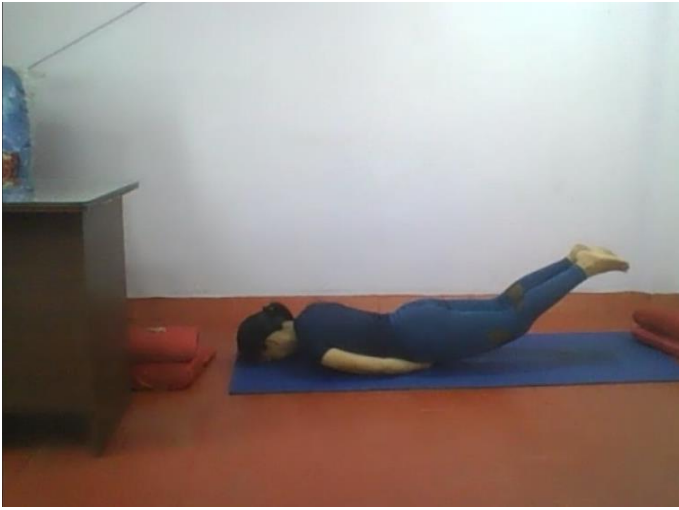
Date : 21.06.2021
Time : 11.30 am to 12.30 pm
Zoom Platform

SMT. MANJULA MUNIRATHINAM CHAIRPERSON	SHRI. R. S. MUNIRATHINAM CHAIRMAN	SHRI. R. JOTHI NAIDU DIRECTOR	SHRI. R. M. KISHORE VICE-CHAIRMAN
SHRI. YALAMANCHI PRADEEP SECRETARY	Dr. DURGADEVI PRADEEP VICE-CHAIR PERSON	SMT. SOWMYA KISHORE TRUSTEE	Dr. M. S. PALANICHAMY ADVISOR
Dr. N. ANBUCHAZHIAN PRINCIPAL	Dr. K. K. THYAGHARAJAN DEAN RESEARCH	Dr. V. R. MURUGESAN ASST. DIRECTOR OF PHYSICAL EDUCATION	Dr. M. SURESH NSS PROGRAMME OFFICER

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Screenshots of the Program







At the end of the Program E-certificates issued to Students and Faculty through email.



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CERTIFICATE OF PARTICIPATION

This is to certify
Ms. P.LOKESHWARI
1st year ECE-B

*has actively participated in the workshop conducted on “INTERNATIONAL DAY OF YOGA”
organized by National Service Scheme and Department of Physical Education, R.M.D. Engineering
college on 21st June 2021.*

Dr. M. SURESH
NSS PROGRAMME OFFICER

Dr. V.R. MURUGESAN
PHYSICAL DIRECTOR

Dr. N. ANBUCHZHIAN
PRINCIPAL

This is a computer generated certificate and required no signature

Dr. M. Suresh
NSS Programme Officer