



R.M.D. ENGINEERING COLLEGE

(An Autonomous Institution)



NATIONAL SERVICE SCHEME (NSS)

International Day of Yoga - 2022

NSS Unit of RMDEC and Yoga Club jointly conducted the YOGA DEMONSTRATION competition on 03.06.2022 at Main Block Seminar Hall, RMDEC as the part of celebration of International Day of Yoga - 2022. There were 20 Students participated in the final competition and among those three boys and three girls were selected as winners.

As a Part of International Day of Yoga – 2022, NSS Unit of RMDEC, Yoga Club and the World Community Centre, Anna Nagar jointly organized Yoga Sessions for the Hostel and Day scholar students for a week from 14.06.2022 to 21.06.2022, at New Main Block, RMDEC. As per the Government protocols for International Day of Yoga-2022, Warm-up exercises, Asanas of diverse postures were demonstrated along with the mention of its health benefits by the members of World Community Centre.

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 520 participants, comprising 40 faculty and 480 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 Master of ceremony for the program done by Dr. K. S. Radha, Associate Professor. The informative Sessions on Yoga came to a close with Dr. M. Suresh, NSS Programme officer, proposing the Vote of Thanks

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.



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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

&

YOGA CLUB

Organizes Yoga Sessions on



INTERNATIONAL DAY OF YOGA 2022

Date : 14.06.2022 to 21.06. 2022

Venue : Drawing Hall, New Main Block

SMT. MANJULA MUNIRATHINAM
CHAIRPERSON

SHRI. R. S. MUNIRATHINAM
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Dr. K. K. THYAGHARAJAN
DEAN RESEARCH

Dr. V. R. MURUGESAN
Coordinator - Yoga Club

Dr. M. SURESH
NSS PROGRAMME OFFICER

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INTERNATIONAL DAY OF YOGA - 2022

Organized by

NATIONAL SERVICE SCHEME UNIT, YOGA CLUB

and

WORLD COMMUNITY SERVICE CENTRE

Manavalakkalai Mandram Trust, Chennai - 40



Tuesday, 21ST JUNE 2022



 GPS Map
Camera Lite

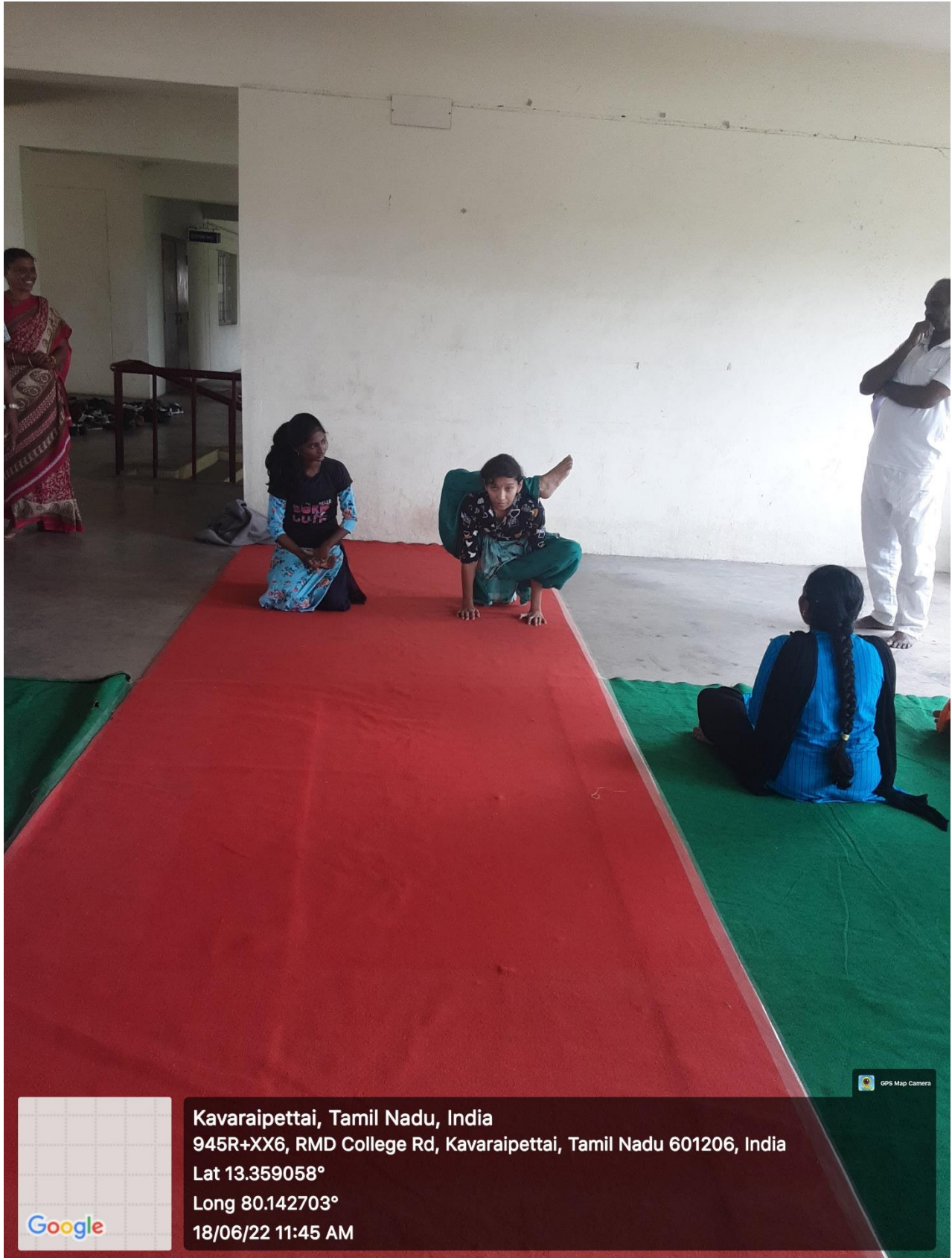
945R+8Q5, Kavaraipettai, Tamil Nadu 601206, India

Latitude
13.359126287533725°

Longitude
80.14162614507308°

Local 02:13:48 PM
GMT 08:43:48 AM

Altitude -270.9 meters
Tuesday, 06-21-2022



Kavaraipettai, Tamil Nadu, India
945R+XX6, RMD College Rd, Kavaraipettai, Tamil Nadu 601206, India
Lat 13.359058°
Long 80.142703°
18/06/22 11:45 AM

