



R.M.D ENGINEERING COLLEGE

(An Autonomous Institution)

YOGA CLUB



INTERNATIONAL DAY OF YOGA 2022

TITLE: FIVE DAYS YOGA PROGRAMME

Department of Physical Education and NSS unit of RMDEC organized a yoga workshop was organized from 17th June to 21st June, five days of yoga Programme.

Place : Main black drawing hall
Time: 1.30P.M to 3.00 P.M

Few Minutes Of Yoga During The Day Can Be A Great Way To Rid Of Stress That Accumulates Daily, In Both Body And Mind .Yoga Postures, Pranayama And Meditation Are Effective Techniques To Release Stress.

Mediation Is Relaxation And Rejuvenates The Body And Mind .

The Yoga Instructor, Ms., Took Yoga Session with Great Dedication. The Students and Staff Participated With Full Interest, Enthusiasm And Eagerness . The Session Began By Seeking The Blessing Of The Almighty By Changing The Gayatrimantra ,Asanas starting with warming up and stretching were followed by a series of asanas and ending with shavasana. A total of 145 participants, 25 faculty and 120 staff all around us to help us in case we had trouble performing or understanding asanas. The workshop was refreshing, reviving and relaxing.

:ONE 17/06/2022 DAY:02 18



DAY:03 19 DAY:04 20

INTERNATIONAL DAY OF YOGA 2022

DAY: 05 21/06/2022









