



# R.M.D ENGINEERING COLLEGE

(An Autonomous Institution)

## YOGA CLUB



### TITLE : YOGA FOR WELL BEING

- ❖ Yoga connects the movement and flow of the mind and body with the rhythm and control of the breath.
- ❖ This causes us to focus inwards, increasing our physical and mental awareness.
- ❖ Pranayama (the fourth limb) is the practice of breath control, which is the source of our prana, or vital life force.

Venue: drawing hall

main block

Date :25/01/2023



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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.



## YOGA CLUB

Organizes



### YOGA FOR WELLBEING

Date : 25.01.2023

Venue : Drawing Hall, New Main Block

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Tiruvallur, TN, India  
Gummidipoondi, Tiruvallur, 601206, TN, India  
01/25/2023 02:45 PM  
Note: : R.M.D ENGINEERING COLLEGE





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