



R.M.D ENGINEERING COLLEGE

(An Autonomous Institution)



YOGA CLUB

INTERNATIONAL YOGA DAY 2023

THEME: YOGA FOR VASUDHAIVA KUTUMBAKAM

TIME: 2.00 P.M

DATE:21/06/2023





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INTERNATIONAL YOGA DAY 21/06/ 2023

THEME

THIS YEAR'S INTERNATIONAL DAY OF YOGA 2023 THEME IS "YOGA FOR VASUDHAIVA KUTUMBAKAM," WHICH REPRESENTS OUR COLLECTIVE DESIRE FOR "ONE EARTH, ONE FAMILY, ONE FUTURE."



- "ELEVATE YOUR BEING WITH THE PRACTICE OF YOGA."
- "CELEBRATE YOGA DAY: STRETCH, BREATHE, AND FIND YOUR PEACE."
- "YOGA: CULTIVATING HARMONY WITHIN AND WITHOUT."
- "YOGA DAY: EMBRACE THE JOURNEY OF SELF-TRANSFORMATION."
- RE-ENERGIZE YOURSELF THROUGH YOGA.
- GET CLOSER TO YOUR SOUL AND DIVINE POWER THROUGH YOGA.
- YOGA IS A DISCIPLINE AND MEDITATION.





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