



R.M.D. ENGINEERING COLLEGE

(AN AUTONOMOUS INSTITUTION)

R.S.M. NAGAR, KAVARAIPETTAI-601 206.

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS



YOGA CLUB

YOGA CLUB ACTIVITY – COMPETITION 2024-2025

LIST OF ACTIVITIES

- | | |
|-----------------------------------------------|------------|
| • YOGA FOR STRESS RELIEF | 31/01/2024 |
| • YOGA FOR MEMORY POWER AND CONCENTRATION | 25/10/2024 |
| • YOGA FOR GENERAL FITNESS AND RELAXATION | 27/01/2024 |
| • YOGA FOR PHYSICAL FITNESS AND MENTAL HEALTH | 11/03/2024 |
| • ANNA UNIVERSITY INTERZONE COMPETITION | 25/11/2024 |

STAGE EVENTS:

- YOGA ANNUAL DAY COMPETITION
- YOGA ON INDEPENDENCE DAY
- YOGA ON REPUBLIC DAY



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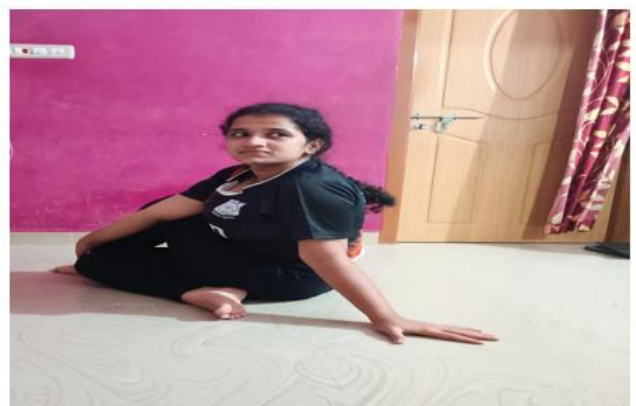
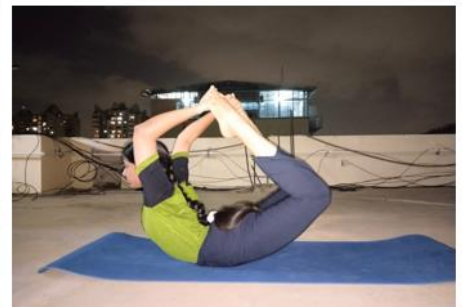
YOGA CLUB

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Glimpses of International Yoga Day Celebration – 2024

ONLINE MODE

21.06.2024





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Patriotic Performance Showcasing Talent and Discipline – Independence Day 2024

THEEJA ASWINI T
II YEAR / ECE
R.M.D. ENGINEERING
COLLEGE

She won bronze in Kelo India Game (an All India Game). She also participated in Anna University Interzones and various other events.



ANNA UNIVERSITY INTERZONE YOGA COMPETITION 2024





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I ST YEAR INDUCTION PROGRAM FOR YOGA



Achievements:





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YOGA CLUB

YOGA CLUB ACTIVITY – COMPETITION 2024-2025

PRIZE WINNERS LIST: FOR BOYS

Date: 19.10.2024

S.NO	NAME	REG NUMBER	DEP/Yr	PLACE
1.	KIRAN S	111523204023	AIML/II	1 st
2.	INDHIRAN P	111521104053	ECE/IV	2 nd
3.	KARUNAMOORTHY R	111523102093	CSE/II	3 rd

PRIZE WINNERS LIST: FOR GIRLS

Date: 19.10.2024

S. NO	NAME	REG NUMBER	DEP/Yr	PLACE
1.	NIKITHA K	111521104101	ECE/IV	1 st
2.	ABINAYA S	111521202002	CSBS/IV	2 nd
3.	SHRINIDHI L K	111523104150	ECE/II	3 rd



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YOGA CLUB ACTIVITY – COMPETITION 2024-2025

PRIZE WINNERS LIST: FOR BOYS

Date: 20.09.2024

S. NO	NAME	REG NUMBER	DEP/Yr	PLACE
1.	HARIKESH D	111523104043	ECE/II	1 st
2.	RESHI ARASU D	111523102174	CSE/II	2 nd
3.	HARSHA BHRITO A B	111521104052	ECE/IV	3 rd

PRIZE WINNERS LIST: FOR GIRLS

Date: 20.09.2024

S. NO	NAME	REG NUMBER	DEP/Yr	PLACE
1.	LAKSHMI THARUNI S V S	111521102027	CSBS/IV	1 st
2.	KARAMSETTI VENKATA SAILAKSHMINAGAKARTHIKA	111521204017	AIML/IV	2 nd
3.	JAISRI V	111521204014	AIML/IV	3 rd



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ANNUAL DAY YOGASANA – COMPETITION 2024-2025

PRIZE WINNERS LIST: FOR BOYS

Date: 01.08.2024

S. NO	NAME	REG NUMBER	DEP/Yr	PLACE
1.	MONISH G H	111522204038	AIML/II	1 st
2.	KARTHIKEYAN A	111521204019	AIML/IV	2 nd
3.	AVINASH A	111523102019	CSE/II	3 rd

PRIZE WINNERS LIST: FOR GIRLS

Date: 01.08.2024

S. NO	NAME	REG NUMBER	DEP/Yr	PLACE
1.	THEEJHA ASWINI T	111523104165	ECE/II	1 st
2.	SUBASHREE S	111522104145	ECE/III	2 nd
3.	JAYASRI M B	111522204018	AIML/III	3 rd