



RMD ENGINEERING COLLEGE

(AN AUTONOMOUS INSTITUTION)
R.S.M. NAGAR, KAVARAIPETTAI, TAMIL NADU-601206



DEPARTMENT OF PHYSICAL EDUCATION YOGA CLUB

INTERNATIONAL YOGA DAY CELEBRATION -2025

21/06/2025



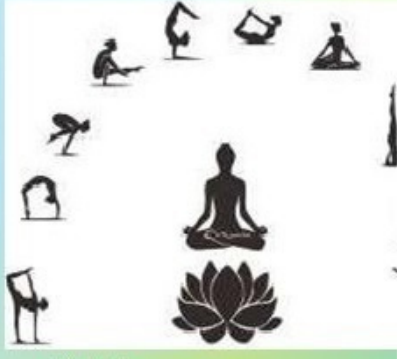
R.M.D. ENGINEERING COLLEGE
(An Autonomous Institution)
Approved by AICTE, New Delhi, Affiliated to Anna University, Chennai
All the Eligible UG Programs Accredited by NBA & Institution Accredited by NAAC
R.S.M Nagar, Kavaraipettai – 601 206, Gummidipoondi Taluk, Tiruvallur District



INTERNATIONAL YOGA DAY CELEBRATIONS - 2026
YOGA CLUB
Organizes
AN ONLINE YOGA PROTOCOL PRACTICE
12th International Yoga Day



BY
Shri. SITARAMACHANDRA, Bsc CAIIB
Dy.Gen Manager Ed Tech Company
Yoga Expert



**21st June 2026**
11.00 AM

SMT.MANJULA MUNIRATHINAM CHAIRPERSON	SHRI.R.S.MUNIRATHINAM CHAIRMAN	SHRI.R.JOTHI NAIDU DIRECTOR	SHRI.R.M.KISHORE VICE-CHAIRMAN
SHRI.YALAMANCHI PRADEEP SECRETARY	Dr. DURGADEVI PRADEEP VICE-CHAIRPERSON	SMT.SOWMYA KISHORE TRUSTEE	Dr. M. S.PALANICHAMY ADVISOR
Dr. N. ANBUCHZHIAN	Dr. K. K. THYAGARAJAN	Dr. K. S. RADHA	Dr. V. R. MURUGESAN

Dr. N. Anbuchezhian is inviting you to a scheduled Zoom meeting.

Dear Sir/ Madam,

Greetings from R.M.D Engineering College.

International Yoga Day Celebrations 2026

We are very much delighted to host Online Yoga Protocol Practice entitled
*Yoga for Healthy Ageing by *Shri. Sitaramachandra,*Dy. General Manager, Ed tech Company, Yoga
Expert,* on Sunday, June 21, 2026 11.00am – 12.00noon. through Zoom Meeting.

All the HoDs, Faculty Members and Students are requested to attend the Yoga Day online session on
21.06.2026 (Sunday) at 11.00 A.M.

Kindly circulate the Zoom link to all the Faculty Members and Students of all the Departments.

Kindly note the scheduled Zoom meeting.

Topic: International Yoga Day Celebrations - 2026 Yoga for Healthy Ageing

Time: Jun 21, 2026 10:30 AM India

Join Zoom Meeting

<https://zoom.us/j/91315056679?pwd=V1EC4a3OqhbpsmOUihmkBrSnuQi4q6.1>

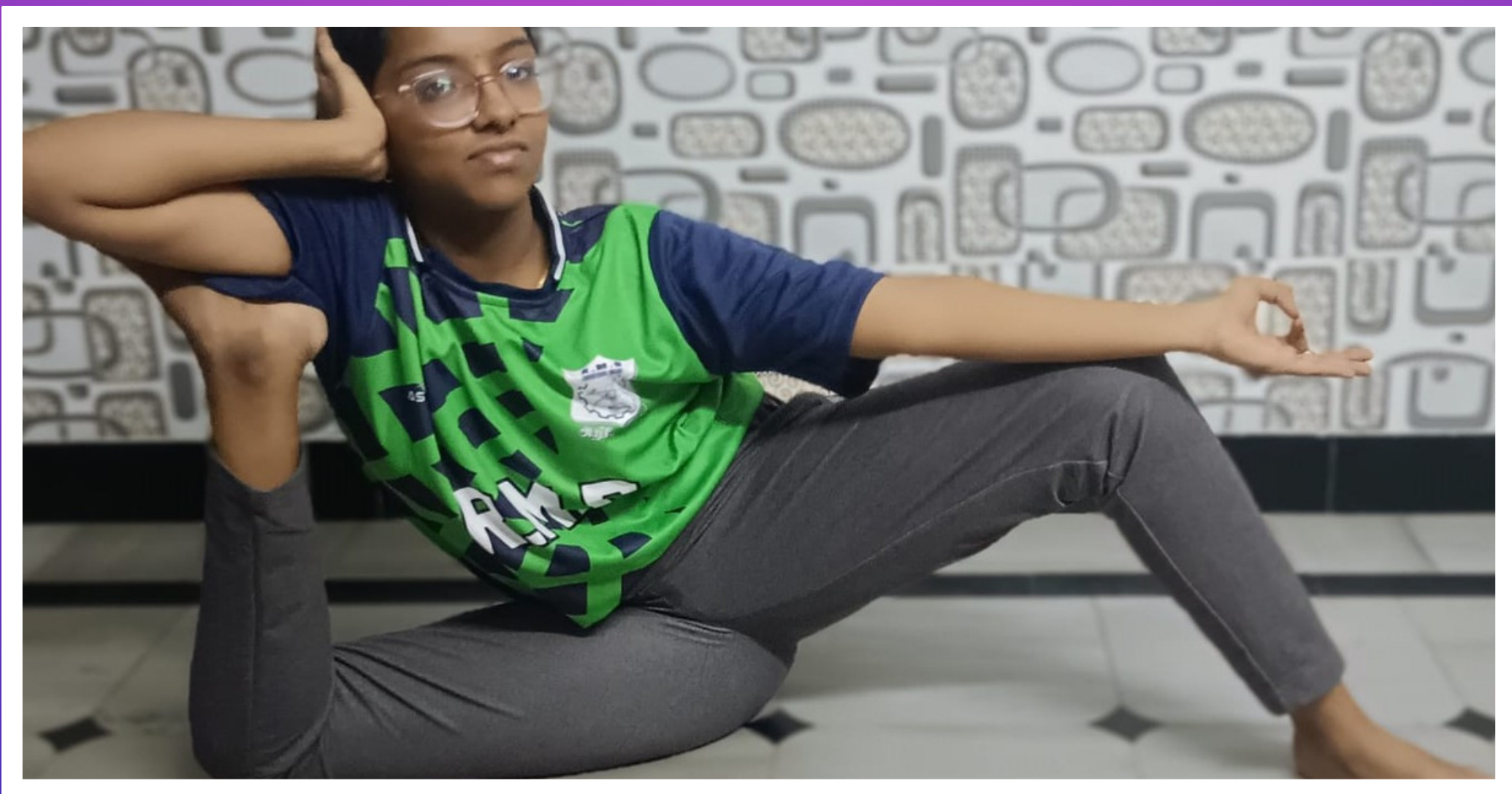
Meeting ID: 913 1505 6679

Passcode: 669717



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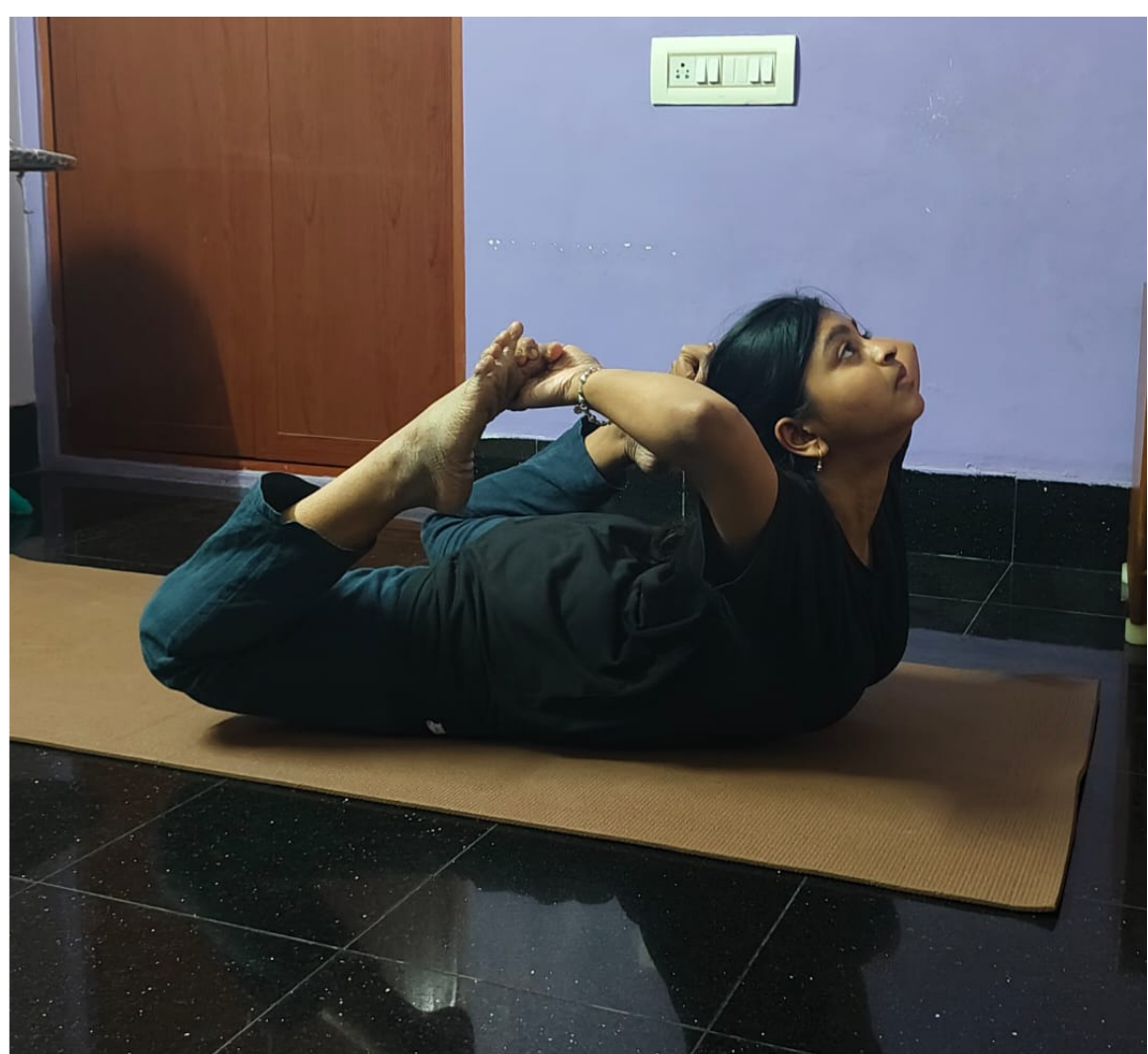


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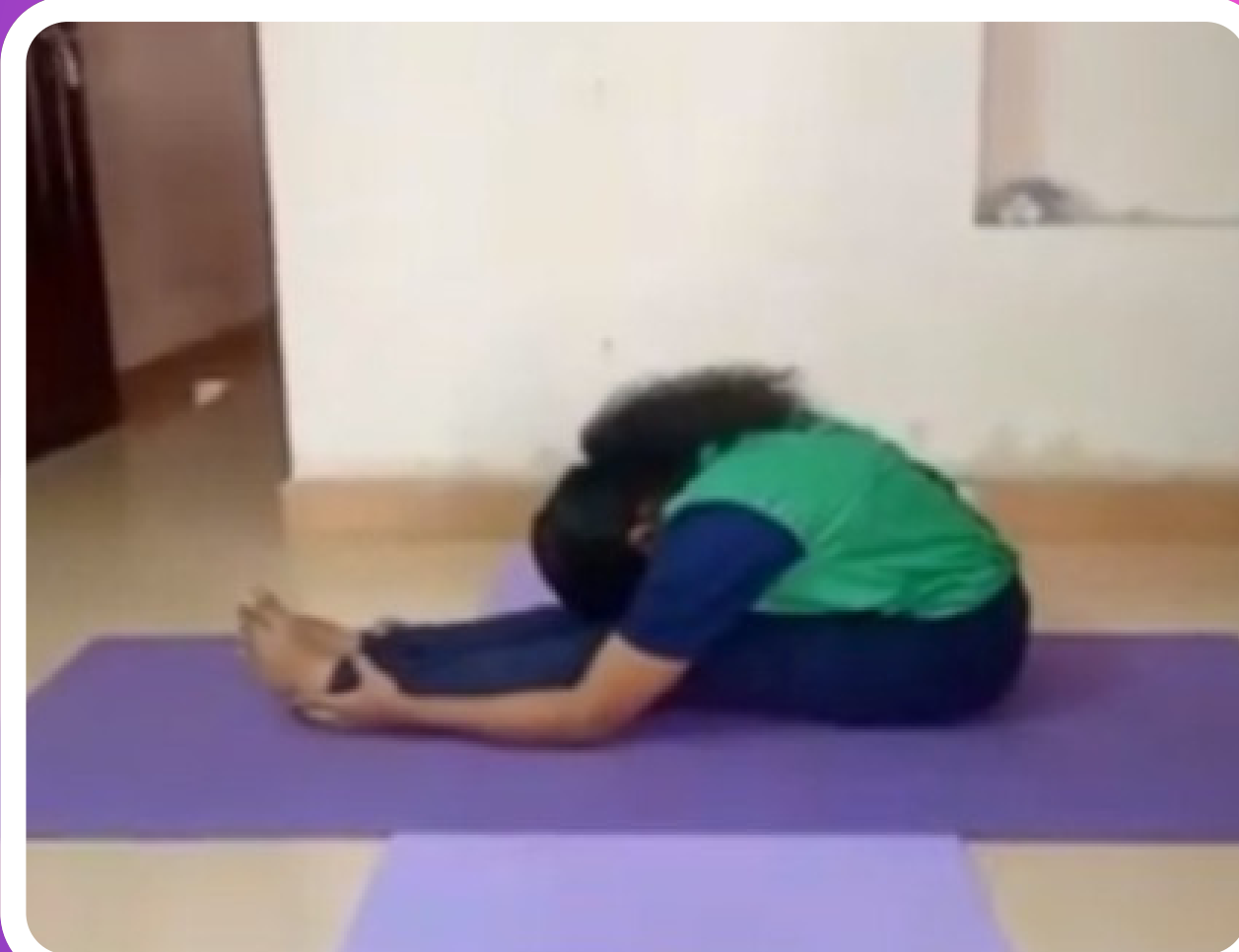
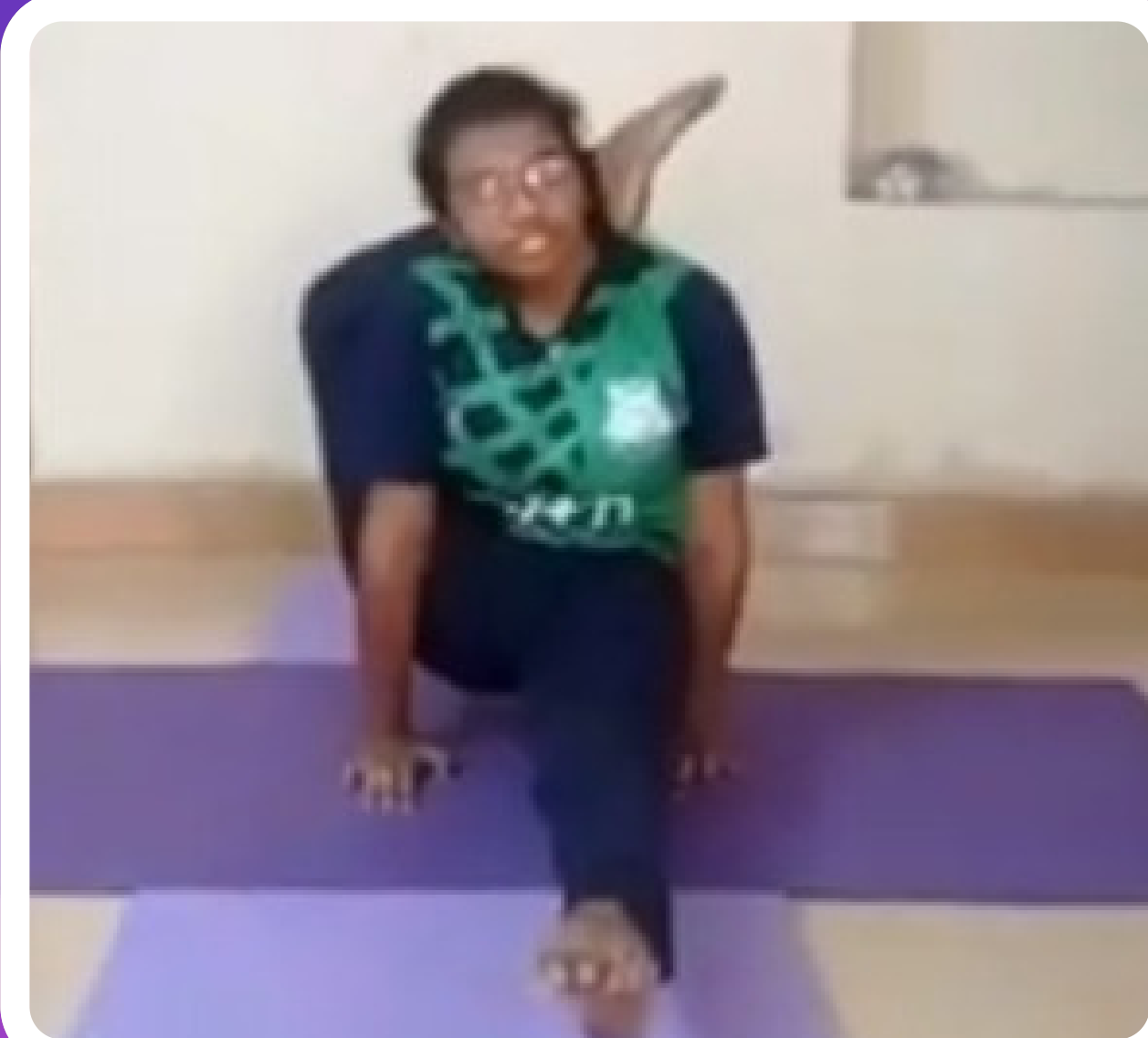




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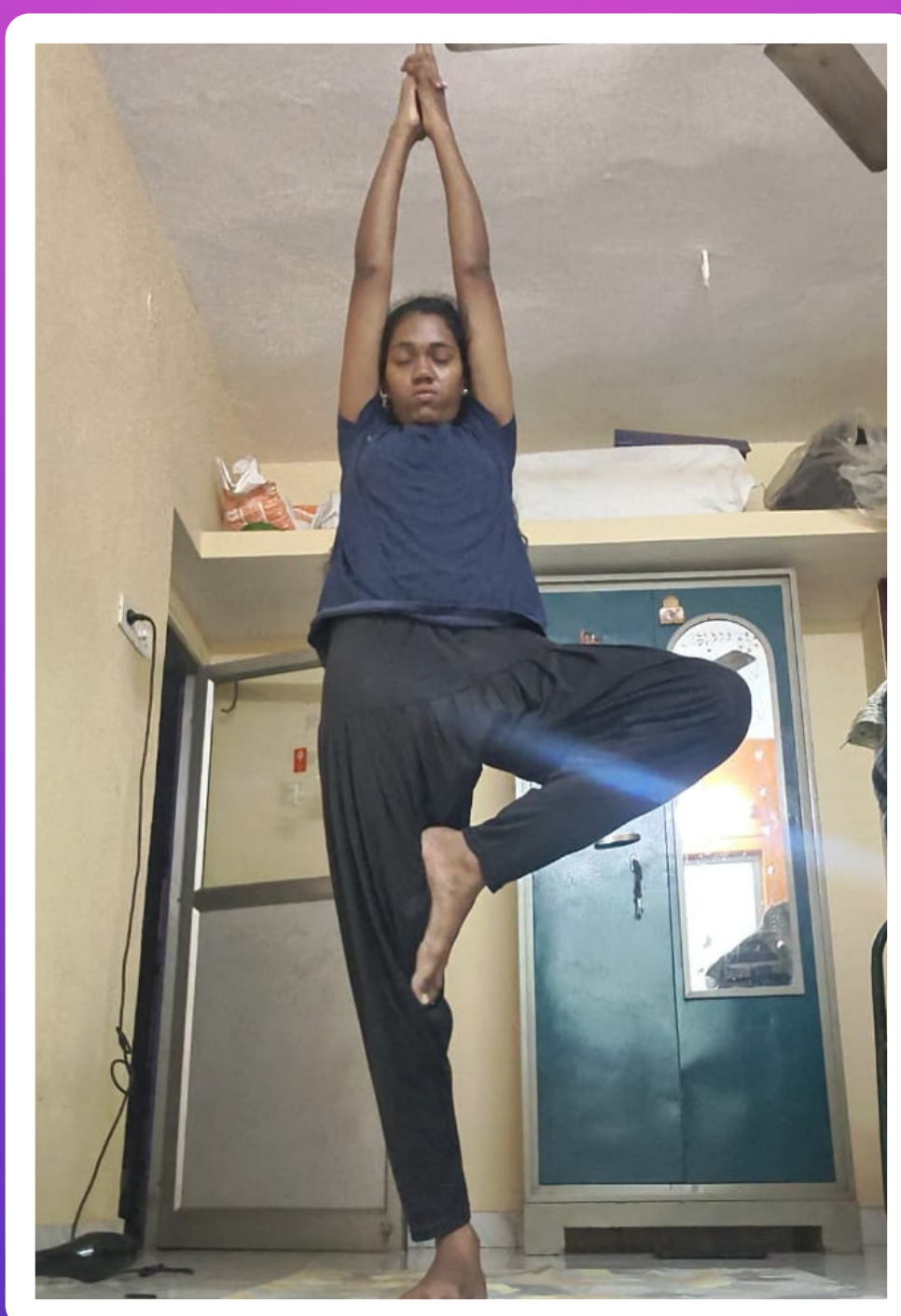
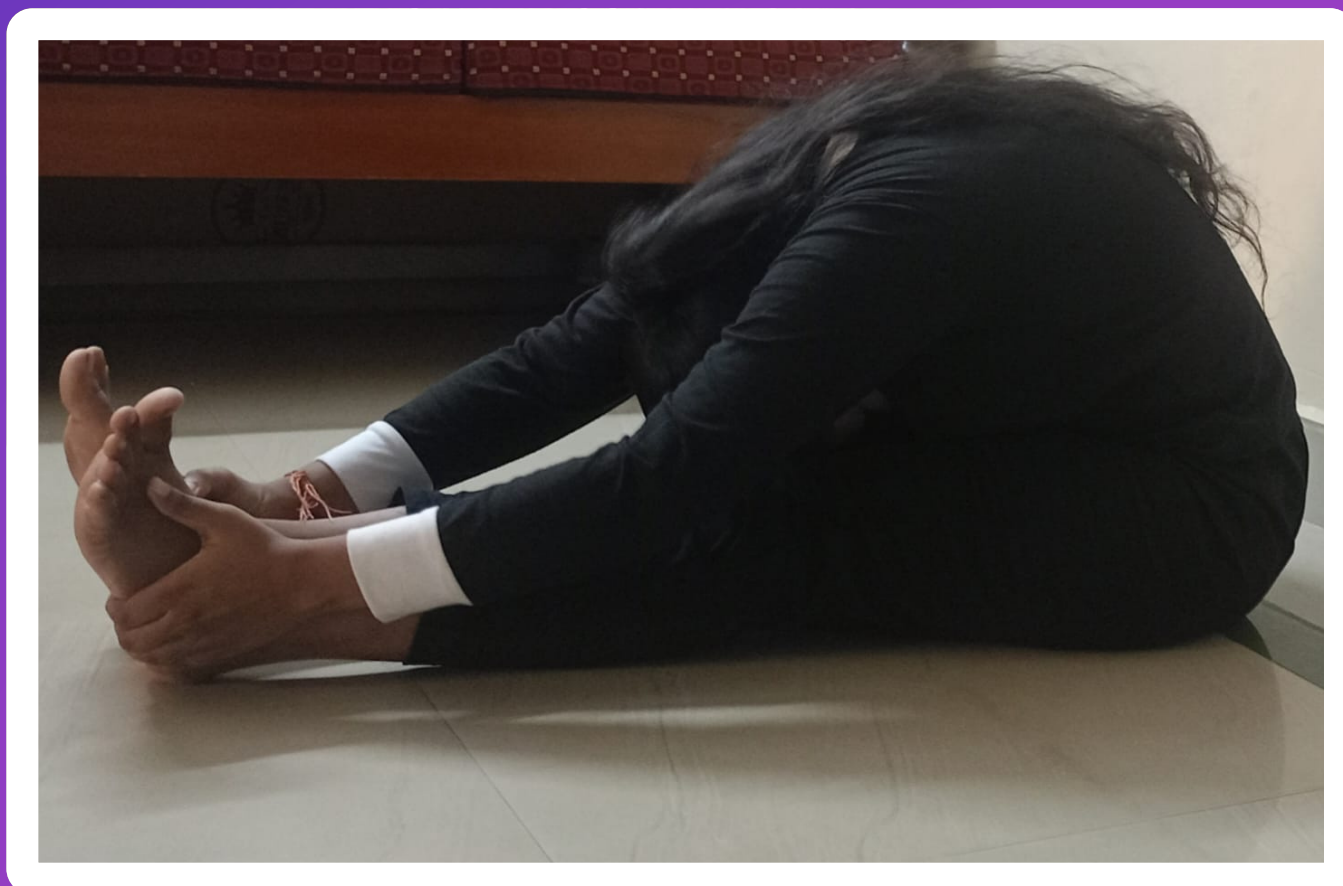


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