



R.M.D. ENGINEERING COLLEGE

YOUTH RED CROSS (YRC)

International Day of Yoga - 21.06.2020



Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being. YRC Unit of RMDEC celebrated **International Day of Yoga on 21st June 2020**, aims to raise awareness of the many benefits of practicing yoga. Due to Corona Pandemic, Students and Staff of RMDEC were asked to Practice Yoga Asanas at their home and asked to send the photo collage through e-mail. Totally 14 Students and 10 Staff have participated in this event.

Theme : *Yoga at Home and with Family*





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