



## **YOGA CLUB & NDLI CLUB**

### **Jointly Organizes**

### **International Yoga Day Celebration 2021**

A.V.C. College of Engineering celebrated 7<sup>th</sup> International yoga day on 21<sup>st</sup> June 2021 through Google Meet. Dr.P.S. Thiruvarul Kamala Arumugam B.S.M.S., MD (Sidhaa) Special Medical Officer, Tamil Nadu, consented to be the chief guest and demonstrated the Yoga Postures assigned by the Ministry of Ayush. Dr. M.Senthil Murugan, Director (Administration), A.V.C College of Engineering, gave the presidential address. He stated that “Yoga will not only help you to keep fit but also help you to lead better and healthy life”. Earlier Mr.S.Senthilnathan Yoga Coordinator welcomed the gathering. Principal Dr.C.Sundarraaj, Vice Principal Dr.S.Selvamuthukumaran, Dean (Academics), Director R&D, Heads of various Departments, faculty members (Teaching & Non-Teaching) and a group of Students were participated through Google meet. The programme was organized through Yoga Club and NDLI Club of AVC College of Engineering.

Google Meet link: 7th International Yoga Day Celebrations

Video call link: <https://meet.google.com/yvt-ueib-cjq>

Or dial: (US) +1 727-228-1555 PIN: 663 229 460

Monday, June 21 · 10:45am – 12:15pm




7th International Yoga Day Celebrations (2021-06-20 at 22\_36 GMT-7).mp4 - VLC media player

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## Benefits of Yoga

- \* The benefits of yoga provide lasting transformation and instant gratification.
- Massages all body organs
- Increases lubrication of ligaments, tendons, and joints
- Increases flexibility
- Increases muscle strength and tone
- Cleanses the body
- Improves respiration, energy, and vitality
- Protects from injury
- Decreases anxiety, depression, and stress



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Thiruvarul Arumugam

40:55 57:35 35%


Chief guest **Dr.P.S. Thiruvarul Kamala Arumugam B.S.M.S., MD (Sidhaa)** Special Medical Officer, Tamil Nadu, demonstrated the Yoga Postures assigned by the Ministry of Ayush.

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## Breathing Techniques

- You just saw many asanas, which include simple to complex poses. There are over 800,000 variations of asanas in ancient yoga literature; however, only about 84 are used in everyday practices.
- Each of these poses are coordinated with the flow of breathing and are held anywhere from 5 to 20 breaths.
- Breathing exercises vary from person to person, some include:
  - \* - Sustained breath holds
  - \* - Slow, deep abdominal breaths with extended exhalation
  - \* - Rapid abdominal breathing
  - \* - Alternate nostril breathing
- The most popular breathing technique used is to inhale for one second, hold your breath for four seconds, and exhale for two seconds.



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