



## Dhirajlal Gandhi College of Technology , Salem-636309

### Yoga Club

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. It improves your flexibility, Builds muscle strength, Perfects your posture, Prevents cartilage and joint breakdown, Protects your spine, Better bone health, Increases blood flow etc. There is a broad variety of Yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. Among the most well-known types of yoga are Hatha yoga and Raja yoga.

Events organized :

International yoga day is organised on 24.6.2016. The chief guest is Dr.A.Murugan from periyar university. He inaugurated the function and delivered the benefits of yoga. The Programme started with the practice of “suriyanamaskar” by Ms.M.Poornima & Ms.D.M.Sivaranjani from civil department. Suriya namaskar or **sun salutation** is a gesture of showing gratitude to the sun. It is a set of 12 yoga asanas which bring your body, breath and mind together. When performed in the morning, it revitalises your body and refreshes your mind, leaves you feeling energetic throughout the course of the day. By this programme around 300 students are benefited.



