



SRI KRISHNA COLLEGE OF TECHNOLOGY
(AN AUTONOMOUS INSTITUTION)
KOVAIPUDUR, COIMBATORE 641042



DEPARTMENT: SCIENCE AND HUMANITIES

TITLE OF THE EVENT: Renew and Rejuvenate with Yoga for first year B.E/B.Tech students

DATE: 29.10.2023

KEYPOINTS:

- ✍ Stress reduction and relaxation.
- ✍ Improved flexibility and mobility.
- ✍ Increased energy levels.
- ✍ Enhanced mind-body connection.
- ✍ Better sleep quality and overall well-being.
- ✍ Mindful breathing techniques.
- ✍ Gentle, soothing movements.
- ✍ Increased mental clarity and focus.
- ✍ Enhanced emotional balance.
- ✍ Holistic approach to physical and mental wellness.

BROCHURE / INVITATION:

The brochure features a central illustration of a person in a white yoga pose, surrounded by green plants and a large orange sun. The text is centered and reads: 'ACADEMIC YEAR 2023 -2024 DEPARTMENT OF SCIENCE AND HUMANITIES IN ASSOCIATION WITH SKCT ROTARACT CLUB cordially invites you for a session on RENEW & REJUVENATE WITH YOGA FOR FIRST YEAR B.E /B.TECH STUDENTS Date: 28.10.2023 Venue: Vankataram Hall Time: 9.30 AM to 11.00 AM RESOURCE PERSONS Prof A Subramaniam Prof D Senthil Kumar'.

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SAMPLE PHOTOGRAPHS





SOCIAL MEDIA LINK

FACEBOOK LINK:

https://m.facebook.com/story.php?story_fbid=pfbid02utrgSkTiBAzEdJGo3hNoKCgZeeddSmJTUtgmEW53v3PQgKG2R8vCAG5fBrZMDaK1l&id=100064186206549&mibextid=Nif5oz

INSTAGRAM LINK: <https://www.instagram.com/p/Cy8NbomPWnH/?igshid=MzRIODBiNWFIZA==>

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