
	MAHENDRAENGINEERING COLLEGE (AUTONOMOUS)	
	WOMEN EMPOWERMENT CELL Academic Year (2024-2025)	

Event Name	Residential YOGA & Kayakalpam
Collaborating Agency	World Community Service Center (WCSC), Aliyar
Date	27/12/2024 & 28/12/2024
Number of Students participated	07
Beneficiary	Female Faculty Members of Mahendra Engineering College

The Program was intended to create awareness about the importance of yoga practice:

On Physical Health, Mental Health and Social Health.

- 3 minutes of practice every morning and evening is sufficient to :
- Activates the brain cells to its fullest functional levels
- Increases memory power and grasping ability.
- Develops the immunity system.
- Reduces the effect of hereditary diseases.
- Intensity of chronic diseases like piles, diabetes, asthma and skin diseases is reduced and cured.
- Strengthens the uterus. Menstrual problems are reduced to a great extent.
- Brings about proper arrangement of polarity of body cells.
- Brings about reformation of character .
- Aswini Mudrais practiced through a simple yogic muscular contraction and relaxation technique by which the nerves are toned up.
- Ojas Breathing is practiced through a simple breathing technique by which we can transmute sexual energy into spiritual energy.
- Regular practice of kayakalpam helps to correct unhealthy habits and transforms lifestyle

