The Yoga of Self-Defense: Arming Your Inner & Outer Self

A lecture cum hands-on session titled "The Yoga of Self Defense: Arming Your Inner & Outer Self" was conducted by Mr. Vinay Menon R, a seasoned martial arts professional and entrepreneur, on the 16th of July, 2024. Mr. Vinay, renowned for his expertise and innovative approach, delivered an engaging and insightful session that combined the principles of martial arts with the calming practices of yoga. The session left students feeling energized and enriched with valuable takeaways.





