



ATHARVA INSTITUTE OF MANAGEMENT STUDIES
(Approved by AICTE, DTE & Affiliated to University of Mumbai)

YOGA DAY

ORGANIZER: Internal Quality Assurance Cell

DATE & DAY: 21st JUNE 2024

OBJECTIVE

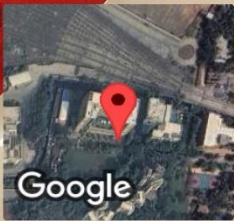
- *To introduce students to the importance and benefits of Yoga.*

KEY TAKEAWAYS

- Introduction to Yoga.
- Learning how much it is important to have a synchronization between our mind and body.
- The word 'YOGA' means 'United', hereby learning how yoga is an exercise which unites every part of our body and unites people.
- Discussion on 'OM' which is a very strong and powerful word which helps emotionally, spiritually and physically.
- QUESTIONS AND ANSWERS.



 GPS Map Camera



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Atharva Educational Trust, Atharva Back Rd, Malad, Charkop Naka, Asmita Jyoti Housing Society, Malad West, Mumbai, Maharashtra 400095, India

Lat 19.198029°

Long 72.82613°

21/06/24 08:20 AM GMT +05:30



 GPS Map Camera



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INTERNATIONAL YOGA DAY



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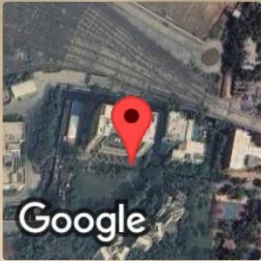
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INTERNATIONAL YOGA DAY



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Jyoti Housing Society, Malad West, Mumbai, Maharashtra 400095, India

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PREPARED BY: Dr. Swati Agrawal

Verified by: Dr. Shubhi Lall Agarwal, Coordinator, Internal Quality Assurance Cell (IQAC).

This event was organized by Dr. Shubhi Lall Agarwal, Coordinator, Internal Quality Assurance Cell (IQAC), AIMS, Mumbai.

