



ATHARVA INSTITUTE OF MANAGEMENT STUDIES

(Approved by AICTE, DTE & Affiliated to University of Mumbai)

(NAAC Accredited)

YOGA DAY (Online Mode)

ORGANIZER: *Internal Quality Assurance Cell*

DATE & DAY: 21st JUNE 2022

VIDEO CALL LINK: meet.google.com/mnn-uoqm-euv

SPEAKER: Ritika Agarwal (Dietician and Author)

OBJECTIVE

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

KEY TAKEAWAYS

- Introduction to Yoga.
- Introduction to our speaker.
- Discussing on balanced diet.
- 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.
- Feedback from students.

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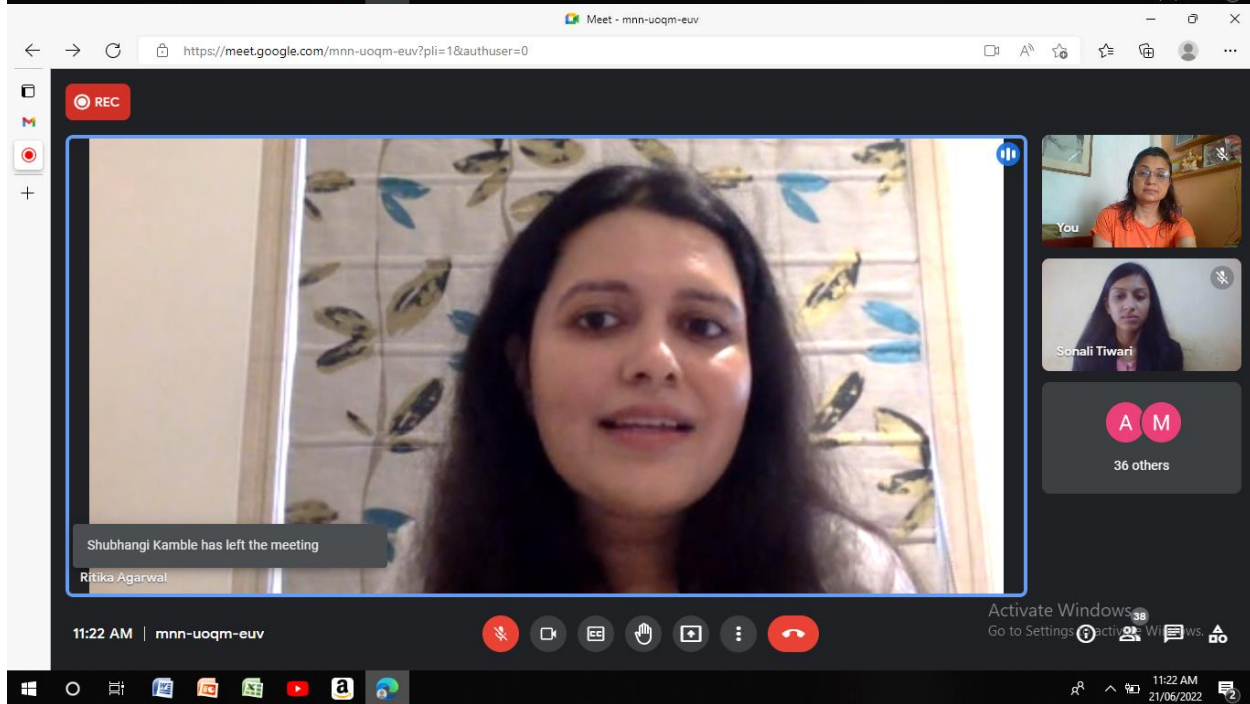
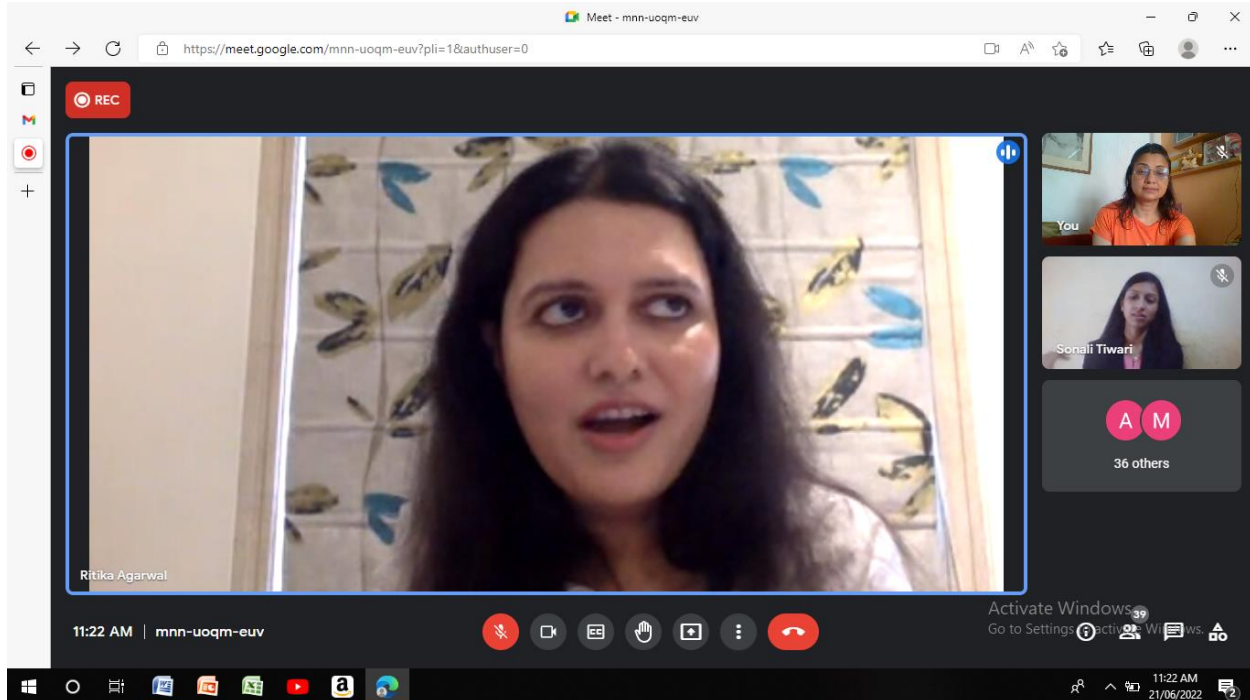
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Parth Thakkar

Jay Darji

Akshar Deshlahra

tanvi waradkar

Madan Pugalia

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Aastha Prabhu

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Shawwal Desh...

Kruti Shah

Himanshu Vaidya

Nikhil Vyas

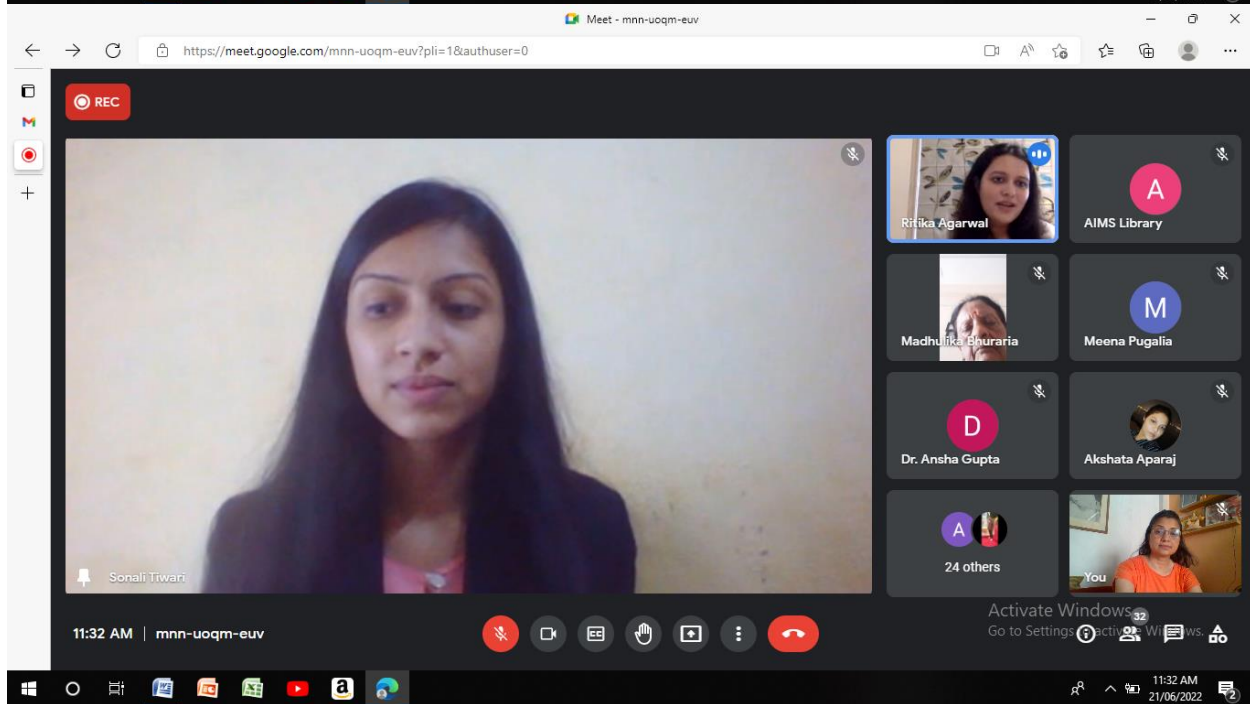
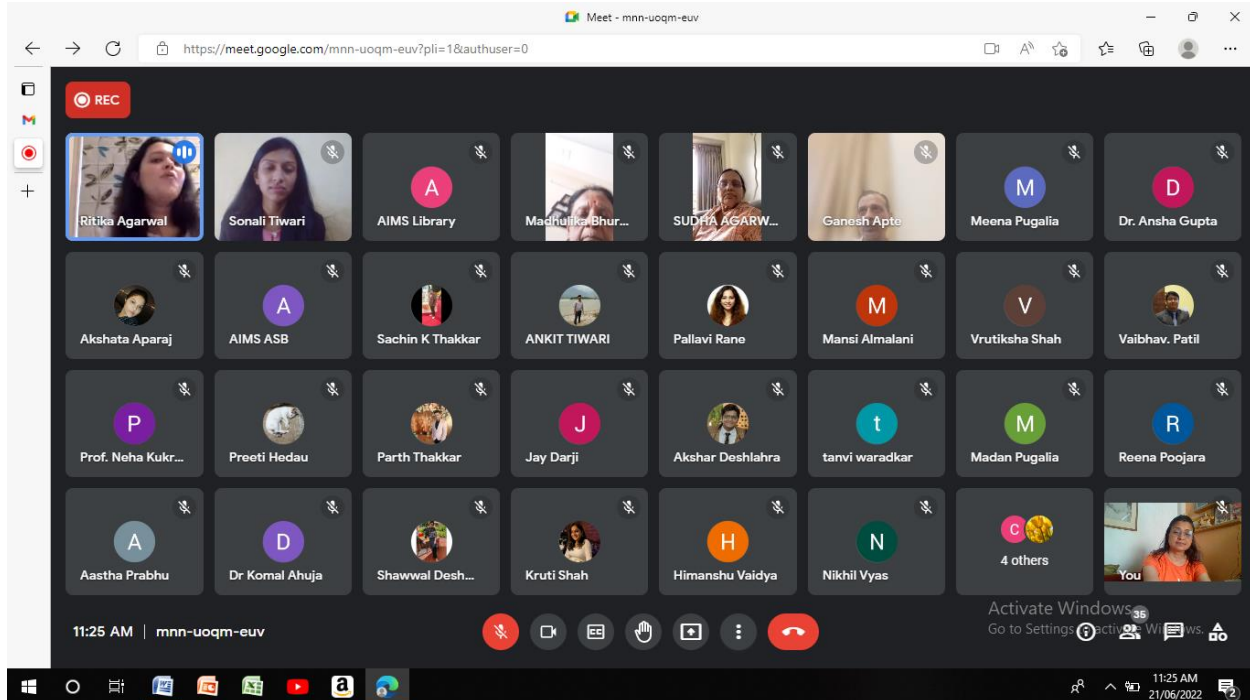
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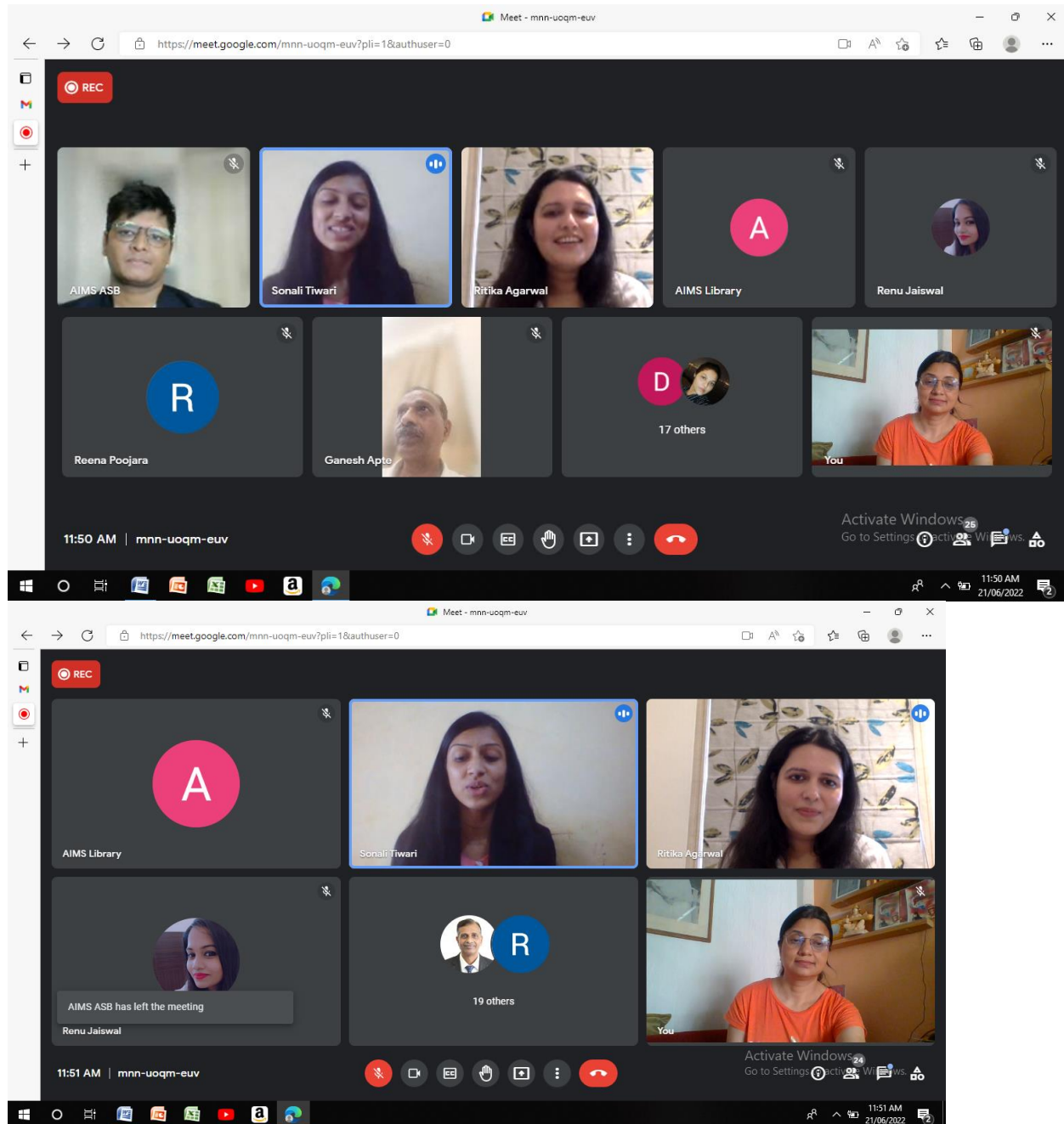
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PREPARED BY: Dr. Shubhi Lall Agarwal, Coordinator, Internal Quality Assurance Cell (IQAC).

This video was recorded on the Email ID researchconference@atharvacoe.ac.in

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