



**ATHARVA INSTITUTE OF MANAGEMENT STUDIES**

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

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## **YOGA DAY**

***ORGANIZER:*** Internal Quality Assurance Cell

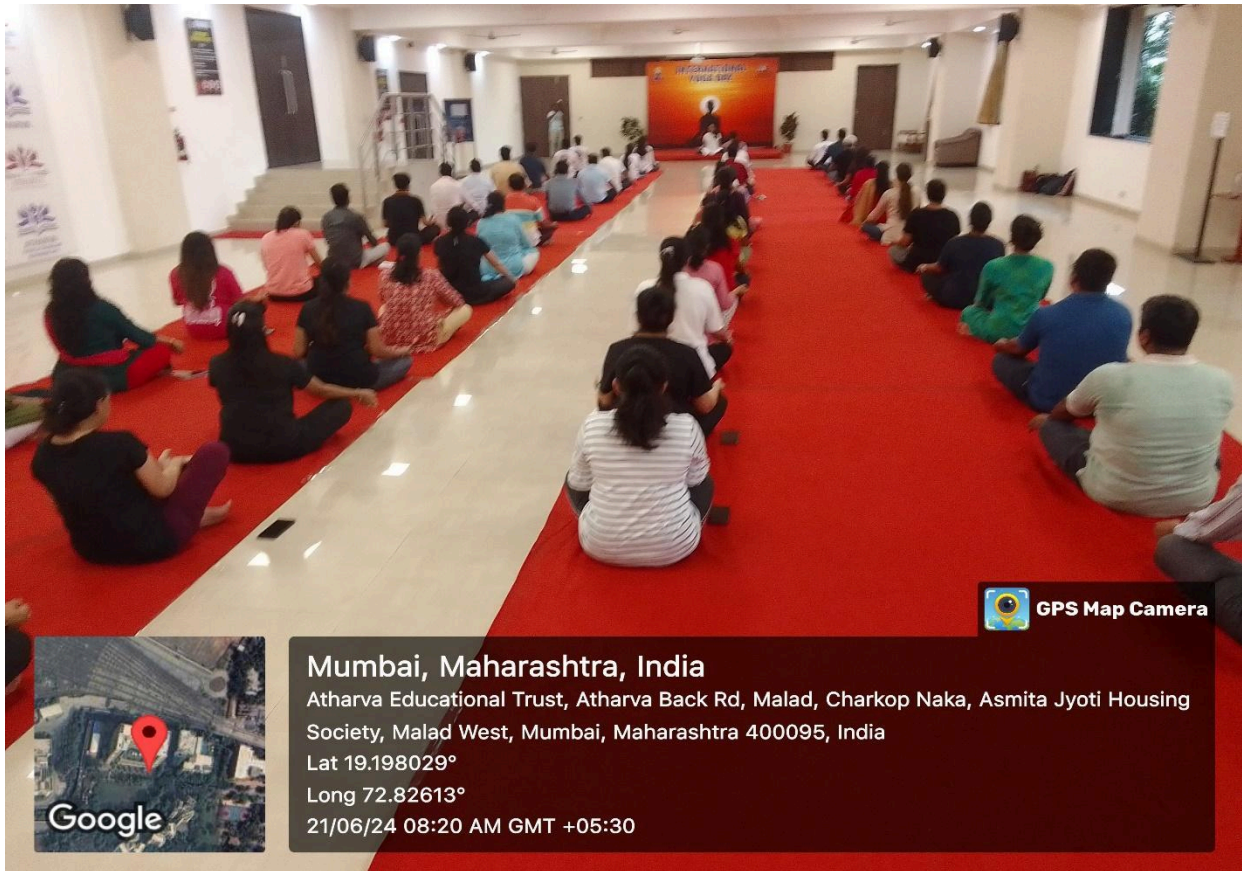
**DATE & DAY:** 21<sup>st</sup> JUNE 2024

### **OBJECTIVE**

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

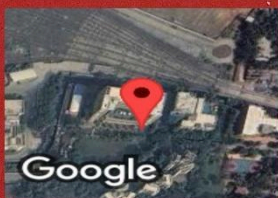
### **KEY TAKEAWAYS**

- 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.





# INTERNATIONAL YOGA DAY



GPS Map Camera

## Mumbai, Maharashtra, India

Atharva Educational Trust, Atharva Back Rd, Malad, Charkop Naka, Asmita

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

Lat 19.198034°

Long 72.826137°

21/06/24 08:42 AM GMT +05:30



## Mumbai, Maharashtra, India

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

Lat 19.198007°

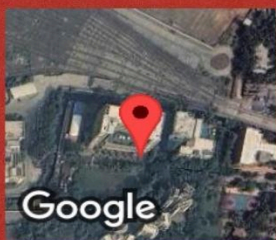
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Lat 19.198034°

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21/06/24 08:43 AM GMT +05:30



GPS Map Camera





**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.

