

REPORT ON YOGA DAY

D.Y. Patil Institute of Management, Ambi celebrated International Yoga Day on 21st June 2018 along with all the staffs and students with great enthusiasm and vigour. The idea of celebrating this day was proposed by our Prime Minister, Narendra Modi. He quoted “Yoga is an invaluable gift of India’s ancient tradition.

A Yoga practice session was conducted at the beginning of the day by Acharya Ratnakar Jadhav and Acharya Ganesh kshirsagar from ART OF LIVING. The session began with the importance and enchanting of ‘OM’ in different forms followed by various asanas, surya namaskar and meditation .

The main objective was to raise consciousness and ignite a passion for fitness and yoga among the students. In the current day when students face stress, tension, anxiety, etc., simple asana can help disperse these. Yoga is basically a holistic approach to health & wellbeing.

The students performed yogic exercises and ‘pranayam’ to celebrate this day. Regular practice of yoga will surely help our students achieve a better life, physically, mentally and spiritually as well.



