

Maratha Mandir's
BABASAHEB GAWDE INSTITUTE OF MANAGEMENT STUDIES

18/11/2017

Number of students:20

Room No: 206-207

Yoga for Stress Management

MM BGIMS introduced series of yoga sessions for students and faculty from 18th November 2017 onwards.

It was a great event and each and every student together with our entire staff enjoyed this event to the fullest. Mr. Manoj Varade (Dy. PRO BEST), P.hd in Communication from Mumbai University, a social worker, guided the students with different ASANAS and explained their importance in our daily life.

Yoga is a physical, mental, and spiritual practice attributed mostly to India. All effort was made to spread awareness about the benefits of yoga in life. Students got the chance to know how yoga embodies unity of mind and body. The students of MMS Sem I with the faculty performed Yoga between 9 am and 10:30 am. Different yoga postures like Shashankaasana, Bhujangasana, Pawana Muktaasana, finally ended with Pranayama and meditation. Prayers were recited before and after the programme.



Rajashri Sonavane

Asst.Prof

