



Maharaja Agrasen Institute of Management Studies
Affiliated to GGS IP University; Recognized u/s 2(f) of UGC
Recognized by Bar Council of India; ISO 9001: 2015 Certified Institution
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REPORT ON WEBINAR ON INTERNATIONAL YOGA DAY 21 JUNE 2020



On the occasion of **International Yoga Day 2020**, North West, West and South West District Legal Services Authorities together organized a webinar **on 21st June, 2020**. for the students and faculty members of Maharaja Agrasen Institute of Management Studies and other esteemed Institutes. People of the bar also participated in the webinar. Sh. Sunil Gupta, Secretary, North West District Legal Services Authority along with the Sh. Praveen Kumar Gupta, HoD (Law) and Legal Aid Convener, Ms. Purnima Gupta, Department of Law, MAIMS conducted the event. The event was held through Cisco WebEx and was live on face-book too. The webinar was anxiously attended by faculty members of the esteemed college along with students of MAIMS.

The resource person for Webinar was Sh. Gopal Krishan, Executive member AYUSH Delhi Government. He explained the “Yoga- breath Technique”. The students very curiously and inquisitively asked their doubts and asked various questions on the importance of yoga and other eating habits in the present situation of Covid-19 Pandemic. The prominent questions being: what continues and healthy diet, how to boost one's immunity etc. It was a very insightful and informative session for each one of us in order to successfully fight the current pandemic and improve our immunity to fight with such a disease. The faculty, students and friends of the bar really appreciated the session and enjoyed a lot during the session.