



MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES

(A unit of Maharaja Agrasen Technical Education Society)

Affiliated to GGSIP University; Recognized u/s 2(f) of UGC

Recognized by Bar Council of India; ISO 9001: 2015 Certified Institution

Tel. Office: 8448186947, 8448186950 www.maims.ac.in

Session on “Importance of Yoga”

JUNE 21, 2019

Department of Business Administration, organized a Session on “Importance of Yoga” on the occasion of International Yoga Day at Maharaja Agrasen Institute of Management Studies, New Delhi on June 21, 2019. The session focused on the importance of yoga and health benefits attached to it. There was a turnout of 26 students and few faculty members for the session. The speaker for the session was Mr. Sunil Kumar, Yoga Instructor.

Mr. Sunil interacted with students and explained that Yoga offers physical and mental health benefits for people of all ages. And, if you’re going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten healing. He further briefed that yoga is not just about bending or twisting the body and holding the breath. It is a technique to bring you into a state where you see and experience reality simply the way it is. If you enable your energies to become exuberant and ecstatic, your sensory body expands. This enables you to experience the whole universe as a part of yourself, making everything one, this is the union that yoga creates. The students were highly motivated for the same.

On the behalf of Maharaja Agrasen Institute of Management Studies, Dr. Vijay Kumar Khurana, presented a memento as a token of appreciation and gratitude to Mr. Sunil.

