



## 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

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### Yoga Divas 2022

(June 21, 2022)

Yoga itself is a physical, mental and spiritual practice that originated in India about 6,000 years ago. The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in ancient India.

Prime Minister Narendra Modi performed yoga along with thousands of Indians to mark International Day of Yoga at Mysore Palace, in Mysuru. Yoga enthusiasts across the world took part in mass yoga events to mark International Yoga Day. International Yoga Day was celebrated by 24 students and management of MAIMS on June 21, 2022 with great enthusiasm. To commemorate this day, NSS unit of the Institute organized \*Yoga Practice Sessions\* in the college campus. Dr. Nand Kishore Garg (founder & chief advisor of MATES), Sh. Vineet Kr. Lohia (Chairperson of MATES), Sh. S.P Aggarwal (Executive Chairperson of MATES) and Sh. T.R Garg (General secretary of MATES) participated in the celebration.

Dr. Nand Kishore Garg explained the importance of Yoga in the life of youngsters. He explained that regular practice of Yoga will help the students achieve better mental and physical health. After that Acharya Sunil Kumar started Yoga demonstrations with the Yoga prayer. After which a few warm up and simple Asanas were performed by the students and the teachers enthusiastically and the importance of these Asanas was explained simultaneously Acharya Sunil Chauhan. Prof. Sangeeta Malik and Ms. Neetu were convenors for the event.

