



# MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES (A unit of Maharaja Agrasen Technical Education Society)

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## Session on Yoga for Mental Clarity

**June 21, 2018**

Department of Business Administration, organized a “Session on Yoga for Mental Clarity” in Maharaja Agrasen Institute of Management Studies, New Delhi on International Yoga Day, June 21, 2018. The session focused on the importance of yoga and mental health benefits attached to it. There was a turnout of 72 participants for the session. The speaker/instructor for the session was Mr. Sunil Kumar, Yoga Instructor.

Mr. Sunil interacted with the participants and elaborated that Although many people are only familiar with the physical postures of Yoga, there are also a number of very effective Yogic breathing exercises that can invigorate you or calm you down. Additionally, there are pranayama or breathing exercises that can effectively “clear the mental cobwebs” and help to increase mental clarity.

He mentioned research shows that yoga and meditation may improve executive functions, such as reasoning, decision making, memory, learning, reaction time, and accuracy on tests of mental acuity. Participants got the queries resolved and the session was concluded with some pranayama and posture practice.

All the participants performed the aasanas and thanked Mr. Sunil for such a refreshing session.

