



JSPM's  
**JAYAWANT INSTITUTE OF MANAGEMENT STUDIES**  
(Approved by AICTE, New Delhi, Recognised by Gov. of Maharashtra & Affiliated to Pune University)  
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**Report on**  
**Celebrated International Yoga**  
**“Discover your inner peace with Yoga!”**

**Objectives-**

- To build good mental and physical health through yoga practice.
- To create awareness among students about benefits of yoga
- To help students to get relief from their stress and maintain Peace of mind.

**About Event –**

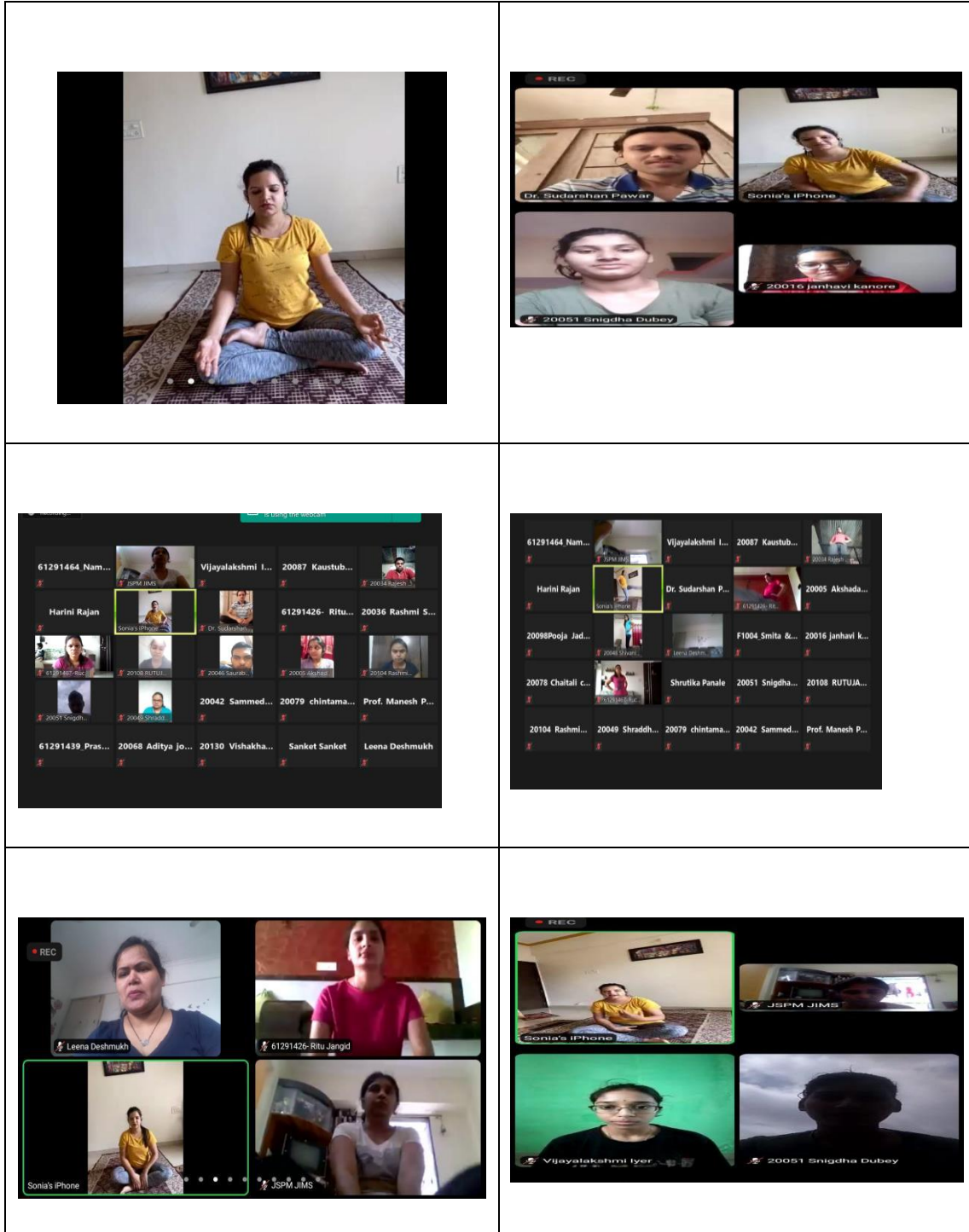
**International Yoga Day** Since its inception in the year 2015, June 21st is celebrated as The International Day of Yoga all over the world. This idea was proposed by our Prime Minister, Mr. Narendra Modi. He said, “Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being.”

The Yoga is India’s ancient tradition and is more than a physical activity. Yoga is essentially a spiritual discipline based on subtle science, which focuses on bringing harmony between mind and body. The word ‘Yoga’ is derived from the Sanskrit root ‘Yuj’, meaning ‘to join’ or ‘to yoke’ or ‘to unite’. The proven benefits of yoga include increased flexibility and fitness, mindfulness and relaxation.

On 21st June 2021 “International Yoga day” was celebrated in online mode at 9:00 to 10:00 am by the students, Alumni and teachers with great enthusiasm. Total 102 participants were present online in this session . Ms Lashmi Pandya is the professional Yoga trainer has demonstrated Surya namaskars and various asanas. Also taken Warm up exercise, and explained importance of the yoga. She emphasised on

regular practice of yoga which surely help us to achieve a better physical & mental health and also peace of mind .

### Glimpses of the event



**Skills Focused:**

**Develop the habit of yoga among students so that they can enjoy more peace of mind which is essential for a stress-free life.**

<b>Dr. Rasika Patil</b> <b>Prof. Leena Deshmukh</b> <b>Faculty Coordinator</b>	<b>Dr. Sudarshan Pawar</b> <b>Prof. Shweta Padale</b> <b>HOD (MBA/MCA)</b>	<b>Dr. Priyanka Singh</b> <b>Director</b>
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