

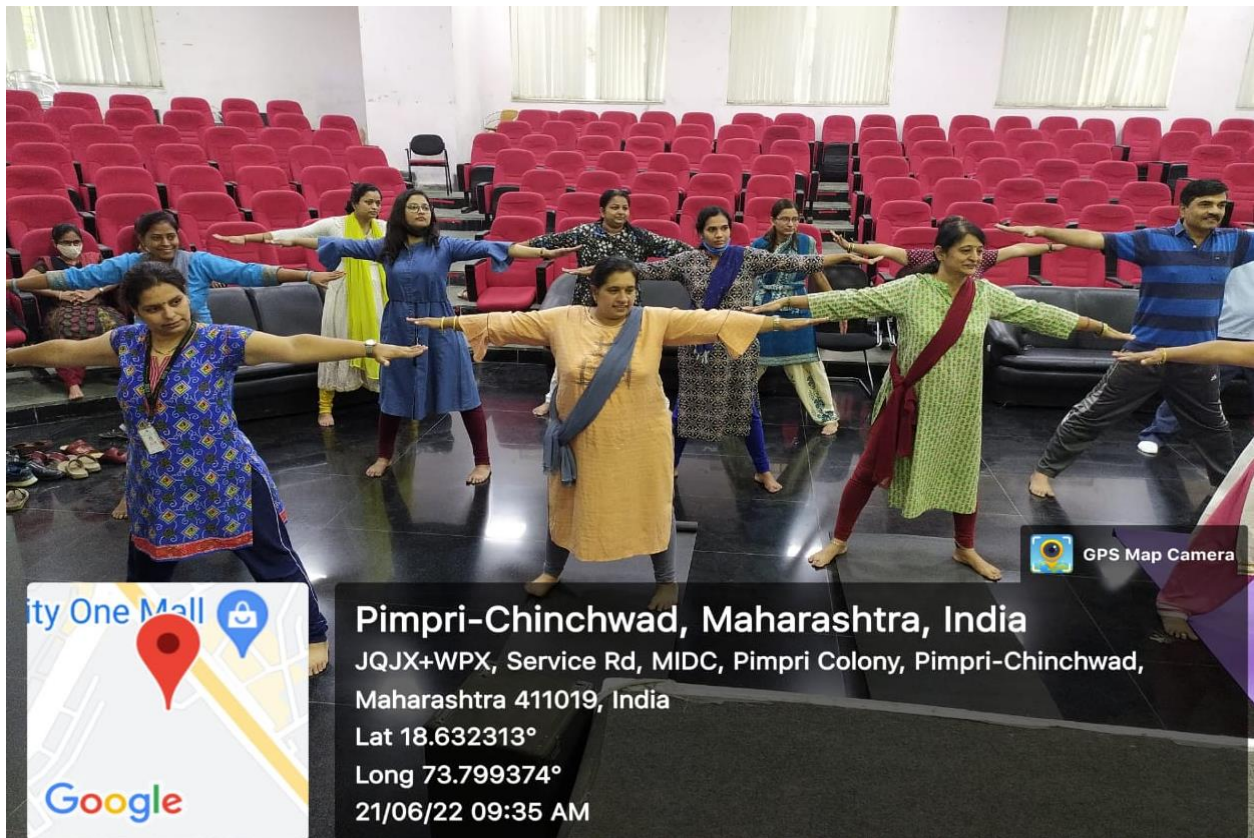
Report on “International Yoga Day 2022”

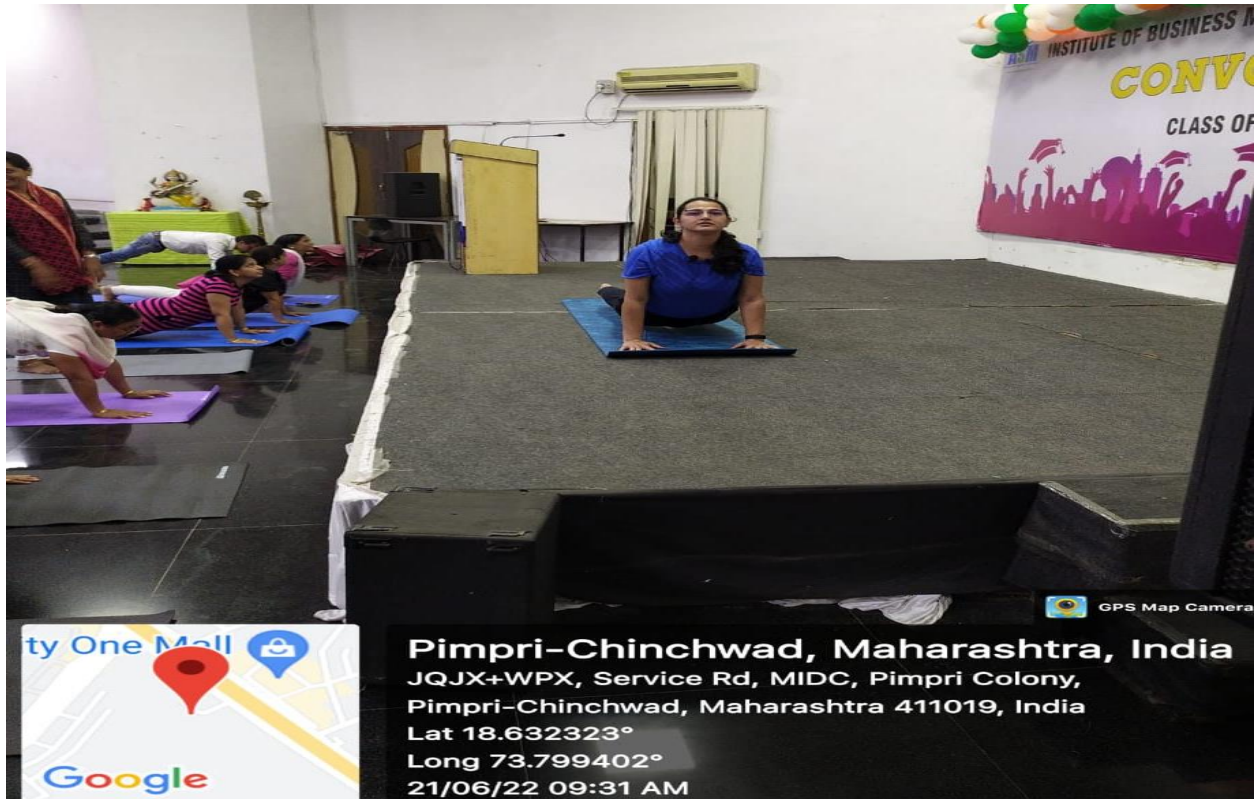
Date: 21 June 2022

On the occasion of International Yoga Day ASM’s Institute of Professional Studies conducted a Yoga session headed by Prof. Lavina Dasani, wherein 1 hour yoga session was taken by her. Faculties and students joined with full enthusiasm.

The various health benefits of doing regular yoga were discussed. 10 Suryanamaskar cycles were done apart from other yoga poses like- vrukshasan, Padmasan, adhomukhswanasan, urdhvmukh swanasan to name a few.

Post this session our Guest Speaker Mr. Hiranman Bhujbal addressed the session. He discussed about the origin and benefits of Yog. Class on ended on a note that everybody will try and follow yoga as a way of healthy life and would practice for atleast 2-3 days in a week.







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