



Audyogik Shikshan Mandal's

(Society Regd. No. Maharashtra/1330/Pune 83; Public Trust No. F-2451/Pune 83)

INSTITUTE OF PROFESSIONAL STUDIES (IPS)

(Approved by AICTE, Govt. of India & affiliated to University of Pune)

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Yoga Day 21 June 2021

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 class was taken by her. There were 14 faculties, and 68 students joined the session in online mode.

The various health benefits of doing regular yoga were discussed in the class. 10 Suryanamaskar cycles were done apart from other yoga poses like- vrukshasan, Padmasan, sheershasan, halasan to name a few.

Class ended on a note that everybody will try and follow yoga as a way of healthy life and would practice for at least 2-3 days in a week.







