

“International Yoga Day -2018”

The 4th International Yoga Day on Tuesday, 21st June 2018 was celebrated in our Audyogik Shikshan Mandal's Institute of Professional Studies.

The yoga session was conducted by Dr. Karbhari Jadhav, a yoga teacher and Principle of ASM's CSIT college. Dr. Jadhav shared the importance of each Asan and demonstrated how to perform the asanas. All teaching and non-teaching staff followed Dr. Jadhav.

The yoga session started with Prayers, and systematic practice of different 'ASANAS' of standing, sitting and laying positions (both lying on back and reverse) smoothly changing in succession under the instructions and supervision of Sports teachers. During the course of "Yogabhyas", Dr. Jadhav also narrated the usefulness of different "Asanas" as a precautionary measure, in curing many diseases and the usefulness of yoga in the overall wellbeing of a human being.

Yoga reflects the union of individual consciousness with that of universal consciousness, a perfect harmony between mind & body, man & nature; a holistic approach to health & well being. Yoga reflects harmony and peace for humanity, which is also the essence of Yoga.

The staff performed yogic exercises and 'pranayam' to celebrate this day. Regular practice of yoga will surely help our staff achieve a better life, physically, mentally and spiritually as well.

From IPS Institute library various books on Yoga were displayed for the staff. So they could gather information about different asanas and its practice.

It was a great event and the entire staff enjoyed this event to the fullest.



Listening the importance of each Aasan before Start.



All performing Pranayam



Rejuvenating after Yoga