

ANAND INSTITUTE OF MANAGEMENT

A REPORT ON YOGA PROGRAMME

Date: 3rd October '15

Topic: Yoga

Speaker: Mr. Sumit Patel (Art of Living)

Venue: Anand Institute of Management, Room No: 202

Attendees: Total 75 students of semester I & III

Dr. Nirmal Sharma greeted and welcomed Mr. Sumit Patel along with a brief introduction. He gave knowledge to students about the importance of health management in daily life, and how health management can help in long term success.



Mr. Sumit Patel from Art of Living started the session by creating awareness about yoga. He motivated and encouraged the students to be different and not same like others. Yoga is a path that can help the students to be different.

He took demonstration sessions on Kapalbhathi and Bhrastrika pranayama. This was followed by meditation session aided with peaceful music. The students were interactive and enjoyed every bit of the session. They actively took part in the pranayama and meditation sessions. They all admitted that they felt very good after the session.

Prof. Disha Joshi expressed the vote of thanks and said that the institute looks forward to more such sessions.

