

## Report on International Yoga Day

(21<sup>st</sup> June 2019)

International Yoga day was celebrated in Srusti Academy of Management on 21<sup>st</sup> June 2019. Yoga instructor Mr. Mrutyunjaya Acharya, Patanjali Yoga Centre, Patia, spoke about the effectiveness and significance of Yoga for society. He shared some live examples of benefits of yoga for mental and physical wellbeing. He taught some easy but highly effective Pranayam methods and Yogasanas for daily practices. It was indeed an amazing session where the staff members were seen to be very active to participate and relaxed after the session were committing self to adapt yoga for a life time for betterment.

