

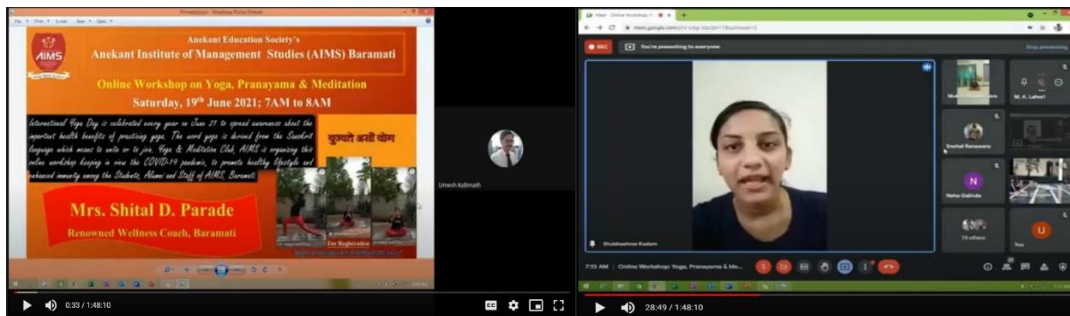


Anekant Education Society's  
**Anekant Institute of Management Studies (AIMS)**  
Permanent Affiliation- SPPU, NAAC Accredited, ISO9001:2015 Certified, Green Audited  
Baramati, Pune-413102 (MH), India.  
Ph. 02112-227299 Email: director@aimsaramati.org  
Visit us at www.aimsaramati.org

## A Report on International Yoga Day 21<sup>st</sup> June 2021

Yoga and Meditation Club, Anekant Institute of Management (AIMS) conducted a series of activities to mark the 7<sup>th</sup> International Yoga Day.

In the runup to the event, Yoga & Meditation Club, AIMS Baramati had organized an “Online Workshop on Yoga, Pranayama & Meditation” by Mrs. Shital D. Parade, a wellness Coach and founder of Moksha Healthcare, Baramati. The event was conducted on 19<sup>th</sup> June 2021 from 7:00AM to 8:00AM online mode. 25 students and 5 faculty members attended the workshop and benefitted. Following are the glimpses:



Yoga and Meditation club extensively promoted the event among students, alumni and Staff.

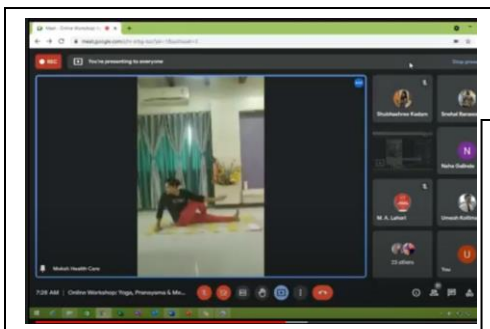
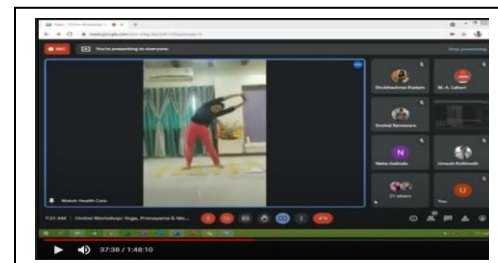
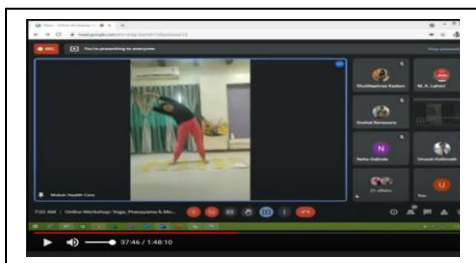
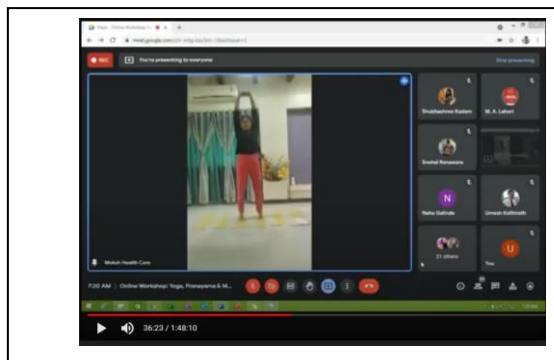


Ms. Shubhashree Kadam (MBA-I) was host of the event. Ms. Snehal Ranaware(MBA-I) narrated purpose of the Workshop. Ms. Neha Galinde introduced the guest. Dr. M.A. Lahori, Hon. Director, AIMS welcomed the guests and gave opening remarks.

Mrs. Shital D. Parade, the resource person of the workshop, effectively covered all the three aspects of the workshop viz., Yoga, Pranayama and Meditation in a short period of time:

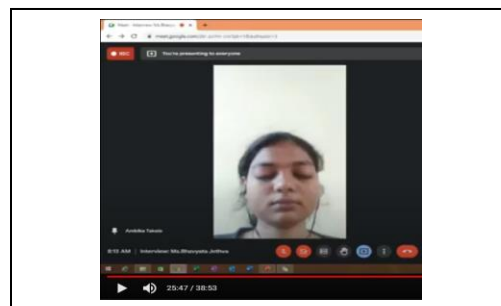
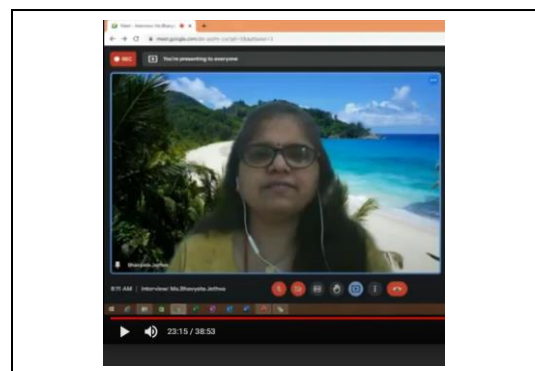
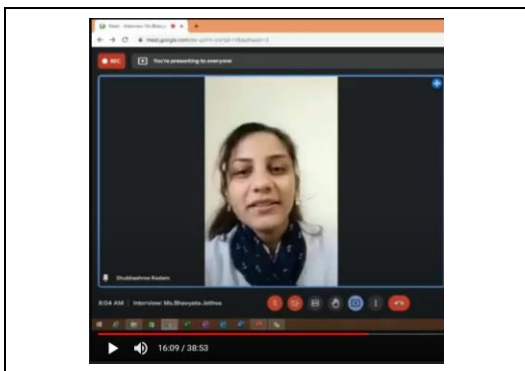
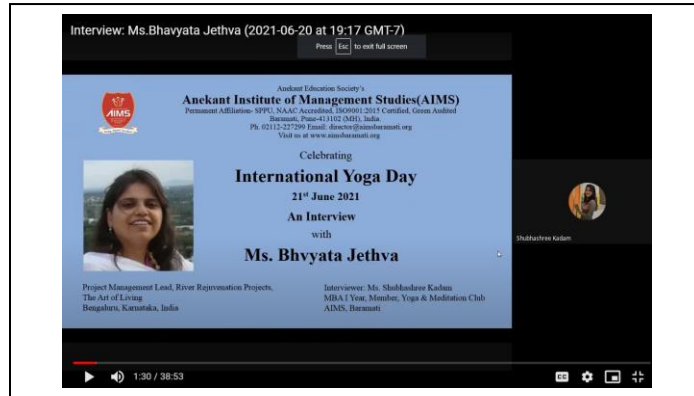
She not only explained the postures, but also clarified the right breathing techniques for each of the postures that were discussed.

Besides, she covered important aspects of meditation and pranayama.



Ms. Ashwini Kavitate proposed Vote of Thanks.

Yoga & Meditation Club, AIMS Baramati also interviewed Ms. Bhavyata Jethva from Art of Living, Bengaluru on various aspects of Meditation. Ms. Shubhashree Kadam conducted the interview. Following are few glimpses:



The interview held for 20 minutes crisply covered the benefits and relevance of meditation across age groups, appropriate technique of meditation, and its ability to explore true potential of individuals.

Further, the members of Yoga & Meditation Club demonstrated various Yoga postures and publicized among the student groups. The activities were curated by Dr. Umesh S. Kollimath:

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# International Yoga Day



**Padmasana**



**Vakrasana**



**Halasana**



**Bhujangasana**



**Sukhasana**



**Chakrasana**



**Sarvangasana**