

International Yoga Day Celebration-2021 in Green Heaven Institute of Management and Research, Nagpur

Celebrated on June 21, International Yoga Day celebrates the physical and spiritual prowess that yoga has brought to the world stage. While it is an important source of exercise and healthy activity millions join in and practice on a daily basis. For many, these routines are a way to connect the body, mind and soul in a way that has existed for centuries. As per the guidelines by the Government, Green Heaven Institute of Management and Research, Nagpur celebrated International Yoga day and arranged Virtual Yoga Session for its students and employees. The Trainer for the Yoga was Dr. Kajal Jaiswal, Fitness & Yoga Expert, also Director of Dr. Kajal Jaiswal Fitness Studio. She first elaborated the importance of good health and Yoga and guided students as how Yoga can help them to achieve healthier mind and body. She trained the students and staff to perform various Yoga Asanaas like Sūksma Vyāyāma, Tādāsana, Vrksāsana, Ardha Cakrāsana, Trikoṇāsana, Bhadrāsana, Vajrāsana, and all the other Asaanas which is prescribed in the Common Yoga Protocol by Government. Dr. Jaiswal also answered various queries of students and staff at the end of the session. Dr. Anil Sharma Director of the Institute appraised the trainer and hoped to have more such sessions. The program was coordinated by Dr. Mubina Saifee and Mr. Robin Ukey. Prof. Sameer Padole proposed vote of thanks. The session was attended by all students and staff with great fervor.

