

आईआईएम में बताए योगासन के लाभ

जम्मू। इंडियन इंस्टीट्यूट ऑफ मैनेजमेंट (आईआईएम) जम्मू ने अंतरराष्ट्रीय योग दिवस मनाया। कार्यक्रम की अध्यक्षता चेयरपर्सन स्टूडेंट अफेयर्स रश्मी रंजन ने की। उन्होंने सभी को योग से होने वाले लाभ के बारे में जानकारी दी। ब्यूरो

Saturday • June 22, 2019

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IIM Jammu celebrated the 5th International Day of Yoga at IIM Jammu campus as per the directives of Ministry of Human Resource and Development, Government of India.

The event was coordinated by Prof Rashmi Ranjan Parida, Chairperson, Student Affairs. Further, session on Yoga and Pranayama was conducted by Dr Rajan, Yoga Instructor from 'The Art of Living'.

DAILY EXCELSIOR, JAMMU

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IIM Jammu celebrated the day at its campus. The event was coordinated by Prof Rashmi Ranjan Parida, Chairperson, Student Affairs. Session on Yoga and Pranayama was conducted by Dr Rajan, the seasoned yoga instructor from 'The Art of Living'. All the participants benefitted from the yoga session and internalized the motto of the Day.