



## **PTVA's Institute of Management**

(Approved by AICTE, DTE and affiliated to University of Mumbai)  
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ISO 9001:2015 Certified Institute & Accredited by NAAC

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### **LIFE SKILLS - YOGA**

#### **Title of the Activity: 'Yoga: A Way of Healthy Life' conducted on 31<sup>st</sup> August 2023**

Details of the Activity: Ms. Avanti Sathe, a certified yoga instructor, conducted the session "Yoga: A Way of Healthy Life," highlighting yoga's physical and mental benefits, including enhanced flexibility, stress reduction, and overall well-being.

The session was conducted on the fourth day of orientation where first year MMS students actively engaged in learning various poses, relaxation techniques, breathing exercises, and meditation, fostering mindfulness. The event underscored yoga's pivotal role in fostering a healthier and more balanced lifestyle among college students.