



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

(Approved by AICTE, DTE and affiliated to University of Mumbai)  
Chitrakar Ketkar Marg, Behind M. L. Dahanukar College of Commerce,  
Vile Parle (East), Mumbai – 400 057.

Tel.: 022-31061594/31099598, Email: [admin@ptvaim.com](mailto:admin@ptvaim.com), Web: [www.ptvaim.ac.in](http://www.ptvaim.ac.in)  
ISO 9001:2015 Certified Institute & Accredited by NAAC

---

### **Yoga for Holistic Life**

**21-06-2022**

A session on the benefits of Yoga for mental and physical wellbeing was conducted by Mrs. Janita Raikar for the students. In the backdrop of the COVID- 19 pandemic, it has become apparent that focus on physical and mental fitness is crucial to ensure a holistic life. In the online session, the trainer showed various breathing exercises for improving lung capacity, along with asanas to ensure good neck and spine health especially after long hours associated with work from home.

The students also performed some asanas along with the trainer and asked questions to the trainer with respect to specific asanas and postures for weight loss, improving concentration, etc. The session was met with good enthusiasm from the students.