



Bhavesh Vaity <bvaity@ptvaim.com>

## PTVAIM's National Webinar "Yoga For Holistic Life"

PTVA's Institute of Management PTVAIM <ptvaim.mms@gmail.com>

Mon, Jun 20, 2022 at 5:16 PM

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Cc: ajinkyakumawat@ptvaim.com

Dear All,

Greetings from Parle Tilak Vidyalaya Association's Institute of Management (PTVAIM),

Global Citizens' Club and IQAC in Association with Yoga Vidya Niketan presents National Webinar on -



*Bheshm*  
Director  
PTVA's Institute of Management  
Chitakar Kelkar Marg,  
Behind M. L. Dahanukar College,  
Vile Parle (E), Mumbai-400 057.

## "Yoga For Holistic Life"

**On account of 8th International Yoga Day.**

**United Nations have declared theme as Yoga for Humanity**

"Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and nature. By changing our lifestyle and creating consciousness, it can help in well being"

### **Speakers:**

**Mrs. Janita Raikar**- She has corporate experience of 10yrs + and holds a Diploma in Yogic Education ( From Yoga Vidya Niketan)

**Ms. Shilpa Jain** - A Yoga practitioner from past 20 years also has a Diploma in Yogic Education (From Yoga Vidyaniketan) as well as a diploma in Yogic therapy, Naturopathy and Natural living.

**Ms. Tejashwi Pagare** - Founder of Brightside Yoga and have Conducted various online workshops for Yoga specially having trained for Bharatnatyama dancers and is Currently working as Yoga Teacher for Individuals, Classes and group

**On - Tuesday, 21st June,2022**

**From - 08.15 Am to 9.15 Am**

The webinar is open for all.

### **Registration Link:**

<https://forms.gle/kkKSJR5q8EiZkJhVA>

**Kindly join the Telegram Group created for the Webinar. All updates will be posted in telegram group.**

<https://t.me/+cOLhs6qae11NzI1>

Registration Fee: NIL

**Participants will get E-Certificate from PTVA'S Institute of Management as well as Yoga Vidya Niketan under Ministry of Ayush, Government of India.**

E-certificates will be awarded to all the registered participants who attend the entire webinar and fill in the feedback form.

### **Few Instructions to be followed for the webinar-**

1. Seat - Perform your practice on a Yoga Mat / carpet covered with a clear piece of cloth
2. Clothing - Should be clean, minimum, lose and light
3. Food - Yoga Practice must be Performed with an empty or light stomach. A moderate quantity of food can be taken half an hour after practice.

**Join at 08.00 am to avoid last minute glitches on the day of the webinar**

For queries, feel free to get in touch with us.

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