

**SREENIVASA INSTITUTE OF TECHNOLOGY AND MANAGEMENT STUDIES
(Autonomous)**

DEPARTMENT OF MANAGEMENT STUDIES

“International Yoga Day” - 21st June 2023

International Day of Yoga is observed globally, to highlight the importance of Yoga in the contemporary era, every year on June 21. The theme for International Yoga Day in 2023 is "Yoga for Vasudhaiva Kutumbakam", which represents our shared desire for “One Earth, One Family, One Future.” This day celebrates the ancient physical, mental and spiritual practice of yoga. It also aims to promote the many benefits of practicing yoga.

On 21st June 2023, students of Department of Management Studies participated and got awareness on yoga that benefit for physical and mental health. They opinioned that it is the only process in which you can exercise without any equipment.



Diseases like mental stress and hypertension remain away from the body. They felt Yoga promotes healthy living habits amongst the people. They understood how yoga helps to exercise and calm the mind and it should not be viewed as just a form of exercise. It should be considered a mantra for a healthy, happy, and peaceful life.

Dr.K. Venkatachalapathy Principal of SITAMS, Yoga Trainer Mrs. K. Kusuma, NSS
Co-ordinator Mrs. V. Hamsaveni, HOD- MBA Dr.K.Sudarsan, Faculty MBA and Students of
MBA participated in the event.