



BHARATI VIDYAPEETH
(DEEMED TO BE UNIVERSITY)
INSTITUTE OF MANAGEMENT & RESEARCH, NEW DELHI
'A' GRADE UNIVERSITY STATUS AWARDED BY MHRD, GOVT. OF INDIA
RE-ACCREDITED WITH 'A-' GRADE BY NAAC





Department of LAW
Organises
**10TH INTERNATIONAL
YOGA DAY 2024**
"Yoga for self and society"



BALRAM MOURYA
Delhi State Yoga Championship medalist.
Yoga Federation Of India National Level
Player

**FRIDAY
21
JUNE, 2024** | **10AM TO 12PM
(AMPHITHEATER)**

Faculty Coordinators

Ms. Neha Garg Dr. Reena Gupta Dr. Ashima Bhatnagar



Dr. Yamini Agarwal
Director
BVIMR, NEW DELHI

BVIMR NETLINx

On the occasion of the 10th International Yoga Day on June 21st, Bharati Vidyapeeth (Deemed to be University) Institute of Management and Research (BVIMR) organized a yoga event with the theme "Yoga for Self and Society". The event aimed to promote physical, mental, and spiritual well-being among the students, faculty, and staff. The event has been made successful under the guidance and constant support of Director BVIMR Dr. Yamini Aggarwal. The event was led by Mr. Balram, a certified yoga instructor, who guided the participants through a series of asanas, breathing techniques, and meditation. The session was designed to promote relaxation, flexibility, and inner peace. Dr. Reena Gupta HOD Law, and Ms. Neha Garg played a significant role in creating a conducive environment for the event. The event saw enthusiastic participation from the BVIMR community, who came together to celebrate the benefits of yoga. The event reinforced the importance of yoga in daily life, aligning with the theme "Yoga for Self and Society."