

**DR. AMBEDKAR INSTITUTE OF HOTEL MANAGEMENT,
CATERING AND TECHNOLOGY**

SECTOR 42 D, CHANDIGARH

INTERNATIONAL YOGA DAY

Chandigarh, 21ST JUNE, 2015

In order to create a great level of consciousness and positively changing the lifestyle, Mrs. Bharti Tyagi, Principal along with faculty and staff celebrated “International Yoga day” at Dr. Ambedkar Institute of Hotel Management, Sector 42-D, Chandigarh. The initiative was taken following the footsteps of our Prime minister’s vision to let people know that regular yoga practice lead to the better mental, physical and intellectual health.



Various activities were organised to mark this event:

- **Special talk** by the Principal of the Institute on the **importance of Yoga** to promote better mental and physical health both at workplace and home.
- **Yoga trainer** was invited from “Yoga Centre, Sector 23 Chandigarh” to **demonstrate various Asanas** followed by guided practice to perform the same by the participants.
- **Meditation** was performed by all the participants to enhance the art of concentration.
- **Banners and standees** of “International Yoga day” were displayed at strategic locations in the Institute.

- To let people know their rights of good health and healthy life style to completely enjoy the highest standard of physical and mental health, a **video film** was shown to all the participants to this effect.
- **Healthy and nutritious food** such as sprouted salad and vegetable juices were served to all the participants after the Practice session.

“Yoga practice helps develop the body and mind bringing a lot of health benefits. We will commence regular Yoga classes in the morning for the students, especially hostellers”, said Mrs. Bharti Tyagi. All the participants resolved to carry out Yoga daily to keep them fit mentally, physically and spiritually.
