

International Yoga Day at MPBIM

21st June 2018

Heralding the practice of Yoga aimed at the welfare of the world, PM Modi spearheaded the move for observance of the Yoga as International Day of Yoga. This year he briefed the benefits of yoga and said when forces defeat us and break us, there is division within society and family. He noted that the person breaks from within, with loneliness increasing. Yoga does the work of joining these pieces. He added that yoga has become one of the unifying forces of the world.



Celebrating this event, MPBIM, Bangalore Organised 4th International Yoga day for MPBIM faculty and staff on June 21, 2018 in its premises. Prof K.L Ramadas, a yoga enthusiast and an avid practitioner, conducted Yoga session as per Ayush guidelines circulated by the Government of India, explaining in detail the benefit of each posture. Dr. Satyanarayan, Dean MPBIM felicitated Prof.K.L.Ramadas and thanked him for taking a blissful Yoga session.



Happy international Yoga Day.