



॥वसुधैव कुटुम्बकम्॥

Symbiosis Institute of Business Management Hyderabad



Symbiosis International University, Pune



A Report on the Yoga Session

by

Shri. Dada Joshi

on

November 23, 2017

On 23rd November 2017, Shri Dada Joshi conducted yoga sessions for Students and Staff members of Symbiosis Institute of Business Management, Hyderabad Campus.

Shri Dada Joshi, trained the members on various asanas and explained the importance of each asana. He also explained the importance of balancing the mind through yoga which in turn brings in a work life balance and also keeps stress away.

Staff members and students appreciated the session and there was a good interaction between the students and the yoga instructor where the former raised a lot of general questions about life, which were answered by the later.

Yoga Session



Dr. Ramkrishna Dikkatwar, welcoming Shri. Dada Joshi



Yoga session with guest and students



Dr. Ravi Kumar Jain
Director, SIBM-H