

BELGAUM INSTITUTE OF MANAGEMENT STUDIES DEGREE COLLEGE ORGANIZED AN “INTERNATIONAL YOGA DAY”

Belgaum institute of management studies Degree College organized an “International Yoga Day” at Shaikh Group of Institutions. The event began with a brief introduction and welcome by a student Miss Uzma Mulla. The International Yoga Day celebrated every year on June 21st to raise awareness about this ancient practice and to celebrate the physical and spirituality that yoga has brought to the world.

Warm up exercises were taken by Yoga Expert Prof. S B Kulkarni and all the students of BCA & BCOM practiced and performed several Yoga Asanas, importance of there were explained simultaneously. Prof. S B kulkarni sir encouraged students to practice regular yoga to remain fit and improve concentration. All the faculty members of BIMD and students actively participated in this event.

