



## ARMY INSTITUTE OF MANAGEMENT & TECHNOLOGY

(NAAC Accredited; Affiliated to GGSIP University, Delhi)

**“Yoga is the journey of the self, through the self, to the self.”**

Army Institute of Management and Technology celebrated The International Yoga Day on 21<sup>st</sup> June 2022, 6:15 am to 7:45 am in the ground involving all the employees, Director, Registrar, staff, faculty members and more than 100 students. All enthusiastically performed yogic exercises under professional guidance of Ms. Pandey, a certified Patanjali Yoga trainer. Yoga: A way of making you mentally, spiritually and physically sound! Transcend from state of being in the state of sorrow to that of happiness with Yoga! Maintain the beauty of your soul and body by learning Yoga!

The glimpses of the same can be seen.



