

## HAPPENINGS ON CAMPUS

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# 5th International Yoga Day

School of Management of Kristu Jayanti College, Bengaluru

A unified decision was taken in the UN assembly to celebrate 21st June of every year as International Yoga Day in September 2014. School of Management of Kristu Jayanti College observed this day by conducting a session on yoga for the MBA students. Mr. Vikraanth Bapu, Assistant Professor, Department of Psychology, Kristu Jayanti College was the resource person for the session. He gave the students a talk on the various health benefits of yoga in the long run and also stressed the importance and relevance of yoga for people of all ages. The talk ended with an interactive Q & A session. Mr. Vikraanth also engaged and trained the budding managers in practicing yoga. It was an enriching session for the MBA students that enabled them to stay fit and healthy.