

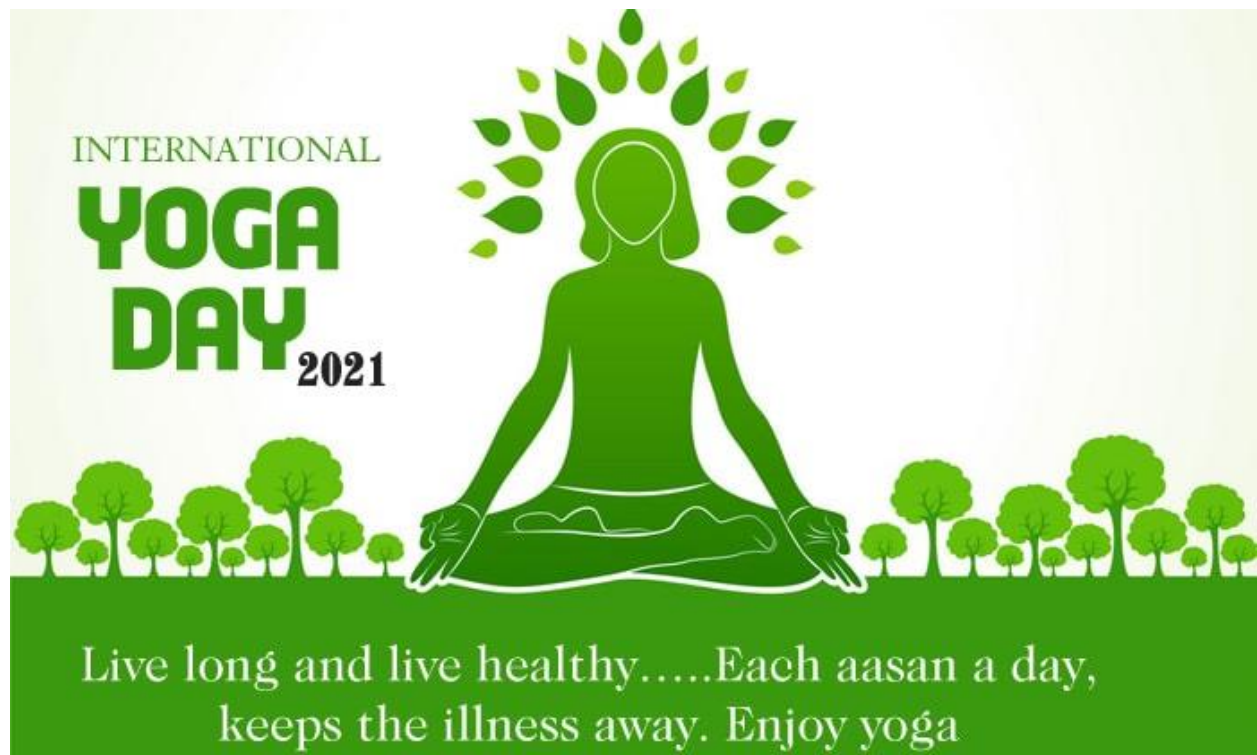
**MBS SCHOOL OF PLANNING AND ARCHITECTURE**  
**SECTOR 9, PSP AREA, DWARKA, NEW DELHI**

**Online Event Series XV**

**Topic: International Yoga Day**

**Theme: “Yoga at Home and Yoga with Family.”**

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



Yoga is a trend that has been flourishing from the years; rather this has become a trendsetter in maintaining both physical and mental well-being. It is evident that health is a dynamic and multi-dimensional state. And therefore, the achievement of optimum health is only possible by the use of a holistic approach which caters to every one of its dimensions. Each Yogic activity is a key to improving flexibility, strength, balance and attaining harmony.

**“Yoga is symbol of universal aspiration for health and well being. It is health insurance in zero budget”.**

MBS SPA is hosting an online event under the theme of “*Yoga at Home and Yoga with Family*”. Through this event MBS SPA is obligating the role of yoga-based lifestyle modification; which serves as a vital role for preventing, maintaining and elevating the positive health of people and reducing further complications.

**Instructions for the event:**

- The event is open for students and faculties of MBS SPA.
- Date: 19<sup>th</sup> June 2021
- Time : 10:00am -11:00am
- Venue: Join the meeting link- **[meet.google.com/aqm-dunp-yrt](https://meet.google.com/aqm-dunp-yrt)**
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