

## **International Yoga Day**

The Third International Yoga Day was celebrated at SMS Lucknow on Wednesday, 21 June, 2017 to imbibe the value of discipline, peace and harmony.

The celebrations were led by Dr. B.R. Singh, Senior Environmentalist & Head of the Center for Vedic Science along with faculty members and staff of School of Management Sciences. The training of SMS fraternity was carried out w.e.f. 12th June, 2017, by Mr. Amit Kumar, learned trainer from Art of Living.

While observing the World Yoga Day, Dr. B.R. Singh informed everyone that ‘Yoga has the power of healing up mental traumas and other bodily ailments’. It leads to better concentration of mind and makes our body healthy and disease free by fighting bacterial infection and raising immunity in our body.



