

International Yoga Day 2019 celebrated by KPMSOL

SVKM's NMIMS Kirit P Mehta School of Law, conducted a workshop to celebrate International Yoga Day and raise awareness about health and happiness through Yoga. In this regard, the Law School invited Dr. Urvi Chauhan (Isha Foundation) to conduct a health workshop for faculty and non-teaching staff. She is a homeopathy doctor by profession and shared her life altering changes. The start of the session began with a brief introduction of the resource-person. She later made the participants stress on breathing and asanas. Dr. Urvi sensitised the participants towards health and wellness for an hour. She conveyed her regards on behalf of Isha Foundation to the participants and got an overwhelming positive feedback for the session. The workshop ended with healthy refreshments and promise of continuing yoga in the future.

