

For Immediate Release :-

Great Lakes Institute of Management, Gurgaon celebrates International Yoga Day



Gurgaon : 21st June, 2017: The zestful students of Great Lakes Institute of Management, Gurgaon celebrated International Yoga Day at the college campus with great enthusiasm. The Yoga session was piloted by Prof. S K Palhan , Professor, Operations Management, Great Lakes Institute of Management Gurgaon and also a renowned expert in conducting programmes on self –effectiveness for various private and government organizations.

The session started at 5.30 am with all 120 students of PGPM 2018 batch geared up to take steps towards a healthier future. Students along with Prof. S K Palhan practiced Yoga Asanas and Pranayama Kriyas to embark on the journey of yogic life. This was followed by meditation session in the amphitheater. ***“Meditation helps in eliminating anxiety and worries, while practicing it during the session created an aura full of tranquility.”*** said a student. The event concluded with team games and nutritious breakfast comprising of detoxifying drinks and fruits.

Ever since our honourable Prime Minister Shri Narendra Modi persuaded the United Nations to declare 21st June as the International Yoga Day. Every year the eve of international Yoga Day is celebrated throughout the world with great interest and passion. ***“Yoga provides a holistic mind and body workout wherein it helps us to beat the stress, relax the mind, makes organs healthier, tones our body and help to attain inner peace.”*** said, Prof. S K Palhan, Professor, Operations Management, Great Lakes Institute of Management, Gurgaon.

The students had a great time and it was a memorable event for those who were practicing yoga for the first time. The ultimate purpose of International Yoga Day is to promote Yoga and make it a part of everyone’s daily life.

To encourage regular practice of Yoga and meditation, Prof. Palhan offered free yoga mat to students and faculty members who undertake to do Yoga and meditation regularly for the next 30 days. The free offer was subject to the condition that if they fail to do it regularly, then 2 mats will be returned and those mats would be used to setup new Yoga Centres in the remote villages of Uttarakhand.

About Great Lakes Institute of Management, Gurgaon: Great Lakes Institute of Management, Gurgaon is a unique Centre of Excellence in India focused on nurturing managerial and leadership talent for our Country. The Institute's activities include full and part time post graduate management programs in General Management, Corporate Training Programs, Consulting Services and Independent Research to enhance the intellectual capital and knowledge base in its areas of focus. The Post Graduate Programs seek to develop motivated management professionals equipped with comprehensive domain knowledge and capable of being productive from their first day of engagement with the corporate world. The 7.2 acre Great Lakes Gurgaon campus is located just off NH8 close to Manesar and is easily accessible from the corporate hubs of Gurgaon and the Delhi IGI Airport. The Campus is fully residential with Wi-Fi enabled, air-conditioned hostels to ensure students coming from all over the country have a comfortable stay and a great peer learning experience. More details can be found at www.greatlakes.edu.in/gurgaon