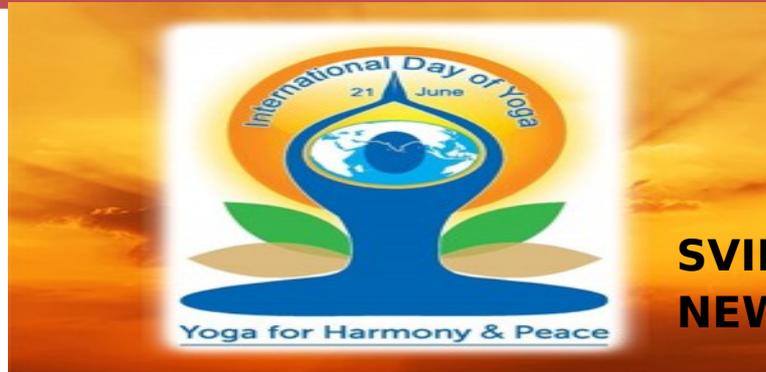


Dada Says

Pride is the most worthwhile thing to swallow. It is the only thing which, when swallowed, never chokes.



**SVIMS
NEWROOM**

INTERNATIONAL YOGA DAY

Derived from the Sanskrit word *yuj*, Yoga means union of the individual consciousness or soul with the universal consciousness or spirit. Though many think of yoga only as a physical exercise where people twist, turn, stretch, and breathe in the most complex ways, these are actually only a superficial aspect of this profound science of unfolding the infinite potentials of the human mind and soul.

Yoga has gained remarkable popularity during the last few years, and today millions of people practice yoga on a regular basis. Yoga is a 5000 year old Indian body of knowledge but it has seen rapid growth in health segment today. The reason behind this phenomenon is availability of substantial medical and scientific evidence that performing yoga not only has physical benefits but also promotes psychological and mental well being.

For this reason when PM Narendra Modi proposed a resolution at UNGA (The United Nations General Assembly) to declare 21st June as International Yoga Day, the initiative found unprecedented support from 175 nations, a first for any resolution.

The first International Yoga Day was observed world over on June 21, 2015. This year also, necessary arrangements for Yoga Day celebrations in India were made by the Ministry of AYUSH. We are happy to report that Faculty and Staff of SVIMS also



LOL Yesterday, at a restaurant I ordered some taxes; VAT, Service Tax, Swach Bharat Tax, Krishi Kalyan Cess and got some food with it!!! Feeling Blessed!

This newsletter is an attempt to essay the journey of success of our former students who are role models for our current turf. We invite our alumni to send in their story/write up on any of following titles along with a passport size photo and mail it to svimsconnect@gmail.com. Topics are: My Life at SVIMS, Skill set for success, My journey from college to corporate, Sanctuary,.etc or any other topic of your