



# AMITY UNIVERSITY MAHARASHTRA

Established vide Maharashtra Act No.13 of 2014, of Government of Maharashtra, and recognized under Section 2 (f) of UGC Act 1956.

## Yoga Day Celebration

Amity University Mumbai organizes the Yoga Day and Exercise on 21<sup>st</sup> June. The Yoga day helps with stress relief, improves flexibility, mental health, reduce inflammation, increase your strength, reduce anxiety, improve quality of life, boost immunity, improve balance, improve cardiovascular functioning. The faculty, non-teaching and all staff members are encouraged to attend the Yoga Day in the morning session.

