



Marathwada MitraMandal's
INSTITUTE OF MANAGEMENT EDUCATION RESEARCH AND
TRAINING



(IMERT), Pune

**§. No. 18, Plot No. 5/3, CT§ No. 205, Behind Vandevi Temple, Karvenagar,
Pune – 411052**

Since 1994

AY: 2022-23

SAHAJ YOGA WORKSHOP

Date of the Event: (DD/MM/YYYY)	27/05/2023	Duration:	9.00am to 10.00am
Day of the Event:	Saturday	Venue:	MM's IMERT



Prof. Aparna Shastri		
Prof. Sachin Kshirsagar 	Dr. Pranav Kayande IQAC Co-ordinator	Dr. Shubhangee Ramaswamy I/C Director
Prepared by	Reviewed & Recommended by	Approved by



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As per the notification received from Savitribai Phule Pune University, no. – 163/2023 dated – 06.04.2023. IMERT's ISR Committee conducted a workshop on "Sahaj Yoga" on 27th May 2023 at 9.00am. Sahaja Yoga meditation, which is about the ancient Knowledge of Our Roots is founded by H.H. Shri Mataji Nirmala Devi on March 21, 1923. 4 faculties and 45 students attended the session. Mr. Dhanesh Paradkar, Business Development Manager, Vodafone UK, imparted the training in the workshop with his assistants. First, the students were given the knowledge about the scientific basis of the Yoga practice and its benefits. After this a guided session through the Shahaj Yoga was conducted in which the students performed the meditation. On completion of the meditation students shared their experience. All students without exception felt a calm and composed mind. The experience was something new, which was beneficial for them. Mr. Paradkar also answered students' questions regarding the practice and procedure to inculcate the meditation in their daily routine. Many students expressed their intent to continue meditation practice in their daily life.

Prof. Apama Shastri <i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
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