

## Report on Yoga for Youth Yoga Session, 17<sup>th</sup> September 2022

The ISR Committee of IMERT has organized **Yoga for Youth Yoga Session** on 17th September 2022. The main objective to organize this session is to build strength, awareness and harmony in both the mind and body among the college students.

As per above theme Mrs. Rakhi Gugale, a renowned Yoga practitioner was invited to teach Yoga, Meditation and Pranayama to our college staff and students.

Mrs. Rakhi Gugale initially shared her views on necessity to regularly Yoga practice and its benefits for a healthy living. She then started the yoga session with prayer, Total 52 participants (44 students and 08 staff members) moved along with the instruction of Mrs. Rakhi Gugale. The practice comprised of Starting prayer, different Sitting Asnas, Standing Asnas, Prone Asnas, Supine Asnas, Guided meditation, Pranayama and chanting of omkara etc. Also accompanied with their benefits for the human body.

**Yoga for Youth Yoga Session** concluded after 60 Minutes. Feedback form regarding the organization of **Yoga for Youth Yoga Session** had sent to all participants. This event was sponsored by **DECATHLON** well known sports brand in sports field. They distributed DECATHLON gift vouchers to every participant and they have also given the prizes to 5 lucky draw winners from the participants.

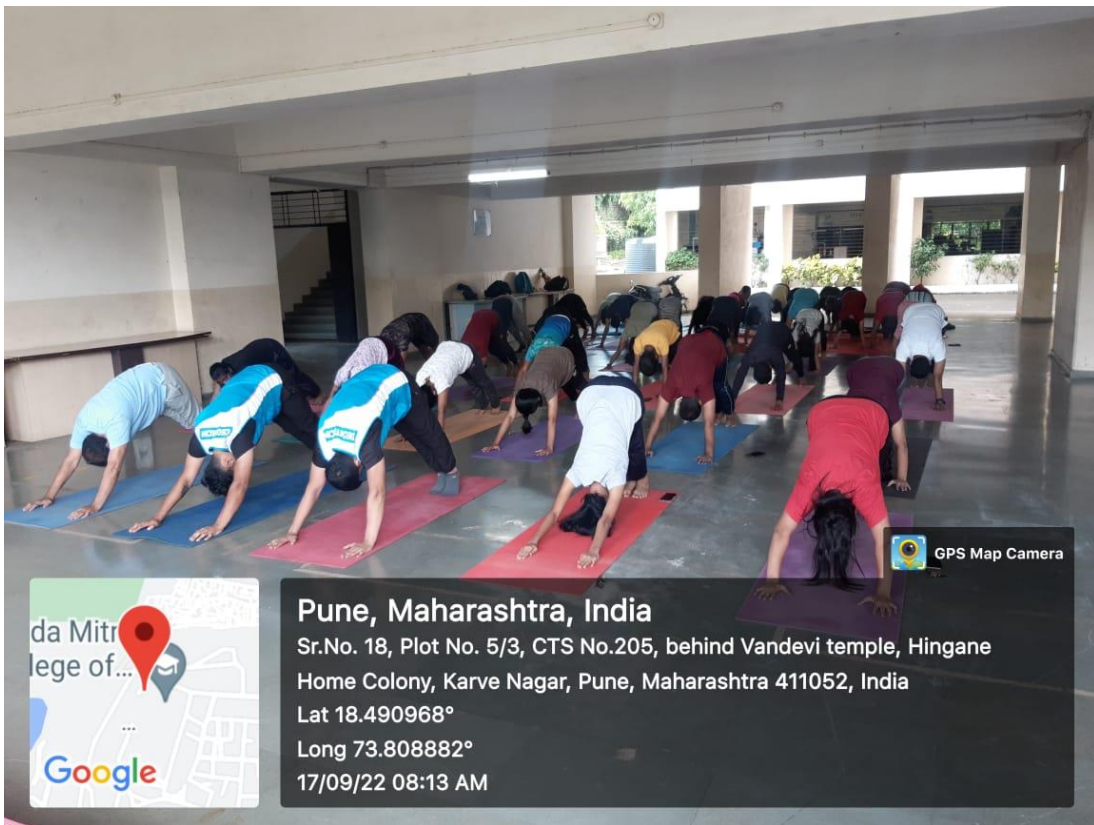
Prof Pranjal Jadhav, ISR Committee head coordinated for the session.

 Pranjal Jadhav UBA- Co-ordinator	 Dr. Jitendra Bhandari H.O.D.	 Dr. Shubhangee Ramaswamy I/C Director
Prepared by	Reviewed by	Recommended by

**Photographs of Yoga for Youth Yoga Session, 17<sup>th</sup> September 2022**



## Photographs of Yoga for Youth Yoga Session, 17<sup>th</sup> September 2022



Pune, Maharashtra, India

Sr.No. 18, Plot No. 5/3, CTS No.205, behind Vandevi temple, Hingane

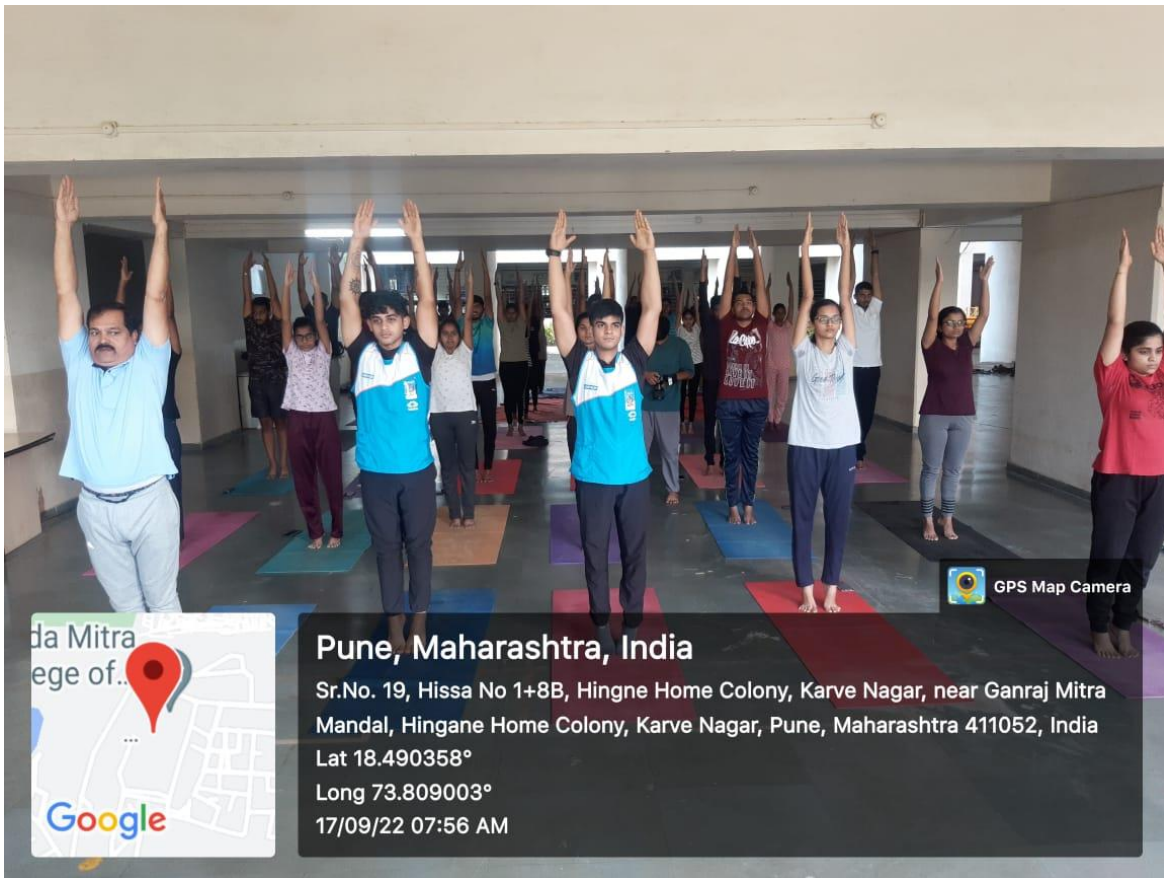
Home Colony, Karve Nagar, Pune, Maharashtra 411052, India

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Long 73.808882°

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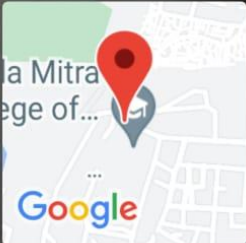
GPS Map Camera



### Pune, Maharashtra, India

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GPS Map Camera



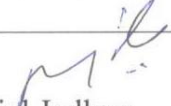
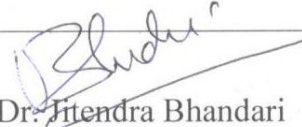
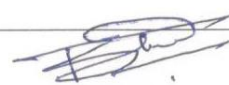
### Pune, Maharashtra, India

MMCI Invention Innovation Incubation, Blue zone, 1st floor, n centre, Marathwada Mitra Mandal College of Engineering Rd, behind Vandevi Temple, Hingane Home Colony, Karve Nagar, Pune, Maharashtra 411052, India  
Lat 18.49121°  
Long 73.809152°  
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GPS Map Camera

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