

**Report on celebration of “ International Yoga Day , 21<sup>st</sup> June 2024’**

<b>Date of the Event: (DD/MM/YYYY)</b>	21 <sup>st</sup> June 2024	<b>Duration:</b>	9.30am – 10.30am
<b>Day of the Event:</b>	Friday	<b>Venue:</b>	Seminar hall, 3 <sup>rd</sup> floor
<b>No of participants</b>	58		





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# Marathwada MitraMandal's INSTITUTE OF MANAGEMENT EDUCATION RESEARCH AND TRAINING (IMERT), Pune

S. No. 18, Plot No. 5/3, CT'S No. 205, Behind Vandevi Temple, Karvenagar,  
Pune - 411052

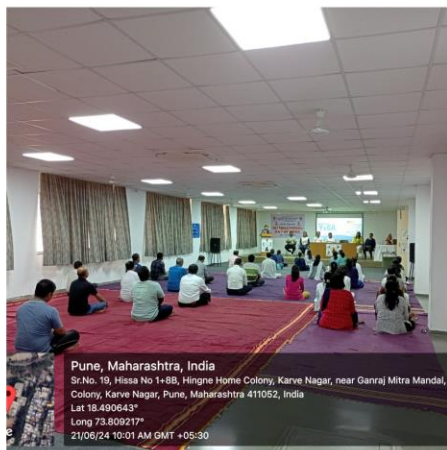


AY: 2023-24













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Dhanashree Colony, 18, Hingane Home Colony, Karve Nagar, Pune, Maharashtra 411052  
Lat 18.490645°  
Long 73.809183°  
21/06/24 09:57 AM GMT +05:30



Pune, Maharashtra, India  
Dhanashree Colony, 18, Hingane Home Colony, Karve Nagar, Pune, Maharashtra 411052  
Lat 18.490618°  
Long 73.809175°  
21/06/24 10:16 AM GMT +05:30



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Dhanashree Colony, 18, Hingane Home Colony, Karve Nagar, Pune, Maharashtra 411052  
Lat 18.490663°  
Long 73.809214°  
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18, Vadar Vasti Rd, Dhanashree Colony, Karve Nagar, Pune, Maharashtra 411052  
Lat 18.490573°  
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**Brief report /Description on the event**

The idea of the Yoga Day was first proposed by Hon'ble Prime Minister of India, Shri Narendra Modi on September 27, 2014, during his speech at the UN General Assembly, where a resolution to establish June 21 as International Yoga Day was introduced. This year marks the 10th International Day of Yoga with the theme **“Yoga for Self and Society.”** Yoga, a transformative practice, represents the harmony of mind and body, the balance between thought and action, and the unity of restraint and fulfillment. It integrates the body, mind, spirit, and soul, offering a holistic approach to health and well-being that brings peace to our hectic lives. Its power to transform is what we celebrate on this special day.

IMERT in association with MMCOE celebrated International Yoga Day on 21<sup>st</sup> June 2024. A Session was jointly organized in IMERT seminar Hall. IMERT I/C Director Dr Shubhangee Ramaswamy, MMCOE, In-charge Principal, Dr Kalpana Thakre along with the staff members were present for the session. Mr. Tushar Gujar, Sports in charge from MMCOE started the session with the introduction of Resource person Mrs Mallika C.H , a full-time yoga teacher at MMCOE. Session continued by practicing yogasanas and meditation. Later Miss Sanika Kelkar, student of MMCOE performed various yoga asanas. Prof Pranjal Jadhav proposed vote of thanks.

 Prof Pranjal Jadhav Faculty Cordinator	 Dr Mangalgaouri Patil IQAC Head	 Dr Shubhangee Ramaswamy I/C Director
Prepared by	Reviewed by	Approved by