



Since 1994

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

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



AY: 2023-24

SAHAJ YOGA WORKSHOP

Date of the Event: (DD/MM/YYYY)	27/05/2023	Duration:	11.00am to 12.30pm	Number of Participants
Day of the Event:	Monday	Venue:	MM's IMERT Seminar Hall	27



GPS Map Camera



Pune, Maharashtra, India
Dhanashree Colony, 18, Hingane Home Colony, Karve Nagar, Pune, Maharashtra
411052, India
Lat 18.490645°
Long 73.809188°
27/05/24 11:53 AM GMT +05:30



GPS Map Camera



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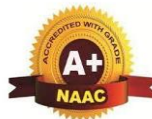




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As per the notification received from Savitribai Phule Pune University, IMERT's ISR Committee conducted a workshop on "Sahaj Yoga" on 27th May 2024 at 11.00am. Sahaja Yoga meditation, which is about the ancient Knowledge of Our Roots is founded by H.H. Shri Mataji Nirmala Devi on March 21, 1923. Total 27 members from Teaching and Non-teaching staff attended the session. Mr. Dhanesh Paradkar, Business Development Manager, Vodafone UK, imparted the training in the workshop with his team members. First, the staff members 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 all the staff members performed the meditation and also shared their experience. On completion of the meditation there was a question answer session in which many of the staff members got clarification on their doubts and queries. All staff members without exception felt a calm and composed mind. The experience was something new, which was beneficial for them. Mr. Paradkar also answered staff's questions regarding the practice and procedure to inculcate the meditation in their daily routine. Many staff members expressed their intent to continue meditation practice in their daily life.

		
Prepared by Dr. Jitendra Bhandari Activity coordinator	Reviewed By Prof. Aparna Shastri ISR Cell Head	Approved By Dr. Shubhangee Ramaswamy Director In-charge