



Since 1994

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

**S. No. 18, Plot No. 5/3, CT5 No. 205, Behind Vandevi Temple, Karvenagar,  
Pune – 411052**



AY: 2023-24

**Celebration of World Mental Health Day**

<b>Date of the Event:</b>	<b>10/10/2023</b>	<b>Duration:</b>	<b>4:00pm to 5:00pm</b>
<b>Day of the Event:</b>	<b>Tuesday</b>	<b>Venue:</b>	<b>IMERT Manthan Hall</b>
<b>No of Participants: Students -19 Faculty-5</b>			



 <b>Prof. Suhas Pawar</b> Event Coordinator	 <b>Dr. Mangalgouri Patil</b> IQAC Coordinator	 <b>Dr. Shubhangee Ramaswamy</b> I/C Director
<b>Prepared by</b>	<b>Reviewed by</b>	<b>Approved by</b>

## Celebration of World Mental Health Day




On the occasion of World Mental Health day, on 10th Oct'23, Mr. Pravin Joshi a Pranic Healer, conducted a workshop for students and faculties.

Pranic Healing is a highly developed and tested system of energy treatment that uses prana to balance, harmonize and transform the body's energy processes. He emphasised the importance of mental peace and wellbeing in this fast-paced world.

Prana, the life force, which is present in every human being, is the cause of good health and any disturbance in its flow causes disease and ailments.

He conducted activities on increasing concentration through breathing, exercise for enhancing brain power and peaceful meditation which will benefit the students during their time of exams.

Director of IMERT Dr. Shubhangee Ramaswamy Mam attended the session and felicitated Joshi Sir.

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