

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

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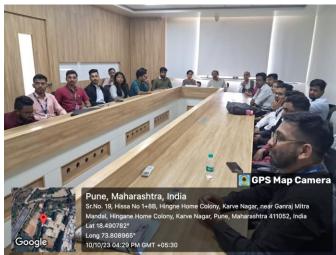
S. No. 18, Plot No. 5/3, CTS No. 205, Behind Vandevi Temple, Karvenagar, Pune — 411052

AY: 2023-24

Celebration of World Mental Health Day

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









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



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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.

Prepared by	Reviewed by	Approved by
Prof. Suhas Pawar Event Coordinator	Dr. Mangalgouri Patil IOAC Coordinator	Dr. Shubhangee Ramaswamy I/C Director