



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: 2022-23

CELEBRATION OF INTERNATIONAL DAY OF YOGA

Date of the Event: (DD/MM/YYYY)	21/06/2023	Duration:	9.30am to 11.00am
Day of the Event:	Wednesday	Venue:	MM's IMERT



Prof. Aparna Shastri

ISR Committee Head

Prepared by

Dr. Shubhangee Ramaswamy

I/C Director

Approved by



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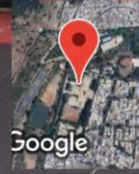
GPS Map Camera



Pune, Maharashtra, India
Office A1-MCIII center MMCOE, Hingane Home Colony, Karve
Nagar, Pune, Maharashtra 411052, India
Lat 18.490768°
Long 73.809316°
21/06/23 10:00 AM GMT +05:30



GPS Map Camera



Pune, Maharashtra, India
Office A1-MCIII center MMCOE, Hingane Home Colony, Karve
Nagar, Pune, Maharashtra 411052, India
Lat 18.490783°
Long 73.809333°
21/06/23 10:03 AM GMT +05:30



GPS Map Camera



Pune, Maharashtra, India
Office A1-MCIII center MMCOE, Hingane Home Colony, Karve
Nagar, Pune, Maharashtra 411052, India
Lat 18.49078°
Long 73.809331°
21/06/23 09:55 AM GMT +05:30

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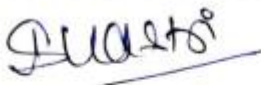

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Marathwada Mitramandal's Institute of Management Education Research and Training (IMERT) in association with Marathwada Mitramandal's College Of Engineering (MMCOE) organized a **Yoga session on 21st June 2023** on the occasion of **9th "International Day of Yoga"** for our students and staff members by a renowned Yoga Instructor Dr. Manali Deo. This session was organized to promote "One Yoga for One World" initiative by the Government of India. The theme for 9th International Day of Yoga 2023 is 'Yoga for Vasudhaiva Kutumbakam,' which depicts effectively encapsulating our collective aspiration for 'One Earth, One Family, and One Future.

In the beginning of the session, Dr. Shubhangee Ramaswamy, I/C Director, IMERT and Dr. V.N. Gohokar, principal, MMCOE addressed the participants on the essence of celebration of yoga day. During her session, Dr. Manali Deo guided the participants on how regular practice of yoga builds strength, awareness and harmony in both the mind and body. She also demonstrated the Yoga Protocol having different "Asanas and Pranayam" exercises. Session was co-ordinated by Prof. Aparna Shastri and Prof. Tushar Gujar. 37 staff members and 49 students participated in the program.

 Prof. Aparna Shastri ISR Committee Head	 Dr. Shubhangee Ramaswamy I/C Director
Prepared by	Approved by