



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



International Day of Yoga – 2026

Yoga for One Earth, One Health

Date of the Event: (DD/MM/YYYY)	19.06.2026	Duration:	1.5 hours
Day of the Event:	Friday	Venue:	Atma Yog Kuti
No of Participants	53		



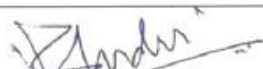


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Marathwada Mitra Mandal's Institute of Management Education, Research and Training (IMERT) in association with Marathwada Mitra Mandal's College of Engineering (MMCOE) organized a Yoga Session on the occasion of **International Day of Yoga 2026** on Friday, 19 June 2026. The program was conducted in alignment with this year's International Day of Yoga theme, "**Yoga for Healthy Ageing,**" highlighting the role of yoga in promoting physical fitness, mental well-being, and a healthier lifestyle across all age groups. The session was conducted by esteemed yoga experts Ms. Sanika Kelkar and Ms. Prajakta Gunjal, who guided the participants through various yoga postures, breathing techniques, and mindfulness practices, emphasizing the importance of yoga in maintaining physical and mental well-being. The program was conducted under the guidance of Dr. Sachin Sakhare, Principal, MMCOE, and Dr. Shubhangee Ramaswamy, Director, IMERT. The event also received valuable support and encouragement from the Hon'ble Management of Marathwada Mitra Mandal. A total of 53 participants, including faculty and staff members, actively participated in the session.

 Prof. Aparna Shastri ISR Committee Head Prepared By	 Dr. Atendra Bhandari HOD Reviewed / Recommended By	 Dr. Shubhangee Ramaswamy Director Approved By
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