



**SSR**  
**INSTITUTE OF**  
**MANAGEMENT & RESEARCH**

*Empower Yourself @ IMR*

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## **5th International Yoga Day**

**on 21<sup>st</sup> June 2019**

**Coordinator – Mr. Somnath Bava**

SSR IMR under the aegis of IQAC Cell celebrated the **5<sup>th</sup> International Yoga Day** at the Institute on 21<sup>st</sup> June 2019. India played a leading role in getting Yoga promoted in the world. The United Nations declared 21<sup>st</sup> June as International Yoga Day (IYD) in 2014 and since then the world has witnessed the charm of this enriching experience in a larger quantum. International Yoga Day aims to raise awareness worldwide of the many benefits of practicing yoga. The illustrated benefits include *increased muscle strength & flexibility, improved respiration & energy, Weight reduction, improved athletic performance etc.* SSR IMR celebrated the occasion by performing Yoga exercises instructed by the Coordinator Mr. Somnath Bava, Librarian, IMR. On this occasion Director IMR – Dr. Praveena S. Muley expressed her views and suggested to imbibe Yoga in general course of life to **live a healthy & hearty LIFE.**



**International Yoga Day 2019 celebrated at IMR**