



SSR INSTITUTE OF MANAGEMENT & RESEARCH, SILVASSA

Empower Yourself @ IMR

NAAC Accreditation with Grade "B+"

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International Day of Yoga 2021

Coordinator: Mrs. Natasha Nunes

SSR IMR, Silvassa under the aegis of IQAC has celebrated the International Yoga Day on 21th June 2021. The Institute had organised an expert session by **Shri Vinod Sharma, State coordinator for Patanjali Yog Samiti, Bhavnagar**. The session was based on this year's theme for International Day of Yoga "Yoga for Wellbeing".

The speaker shared the importance of yoga in today's stressful society and emphasized on the power of Yoga to restore physical, mental and spiritual wellbeing. Various asana were demonstrated to increase the respiratory power of an individual. This session has laid importance of yoga in the lives of individuals in co-relation to the modern-day society that we are living in.

The faculties and students of SSR IMR also participated in the Yoga session conducted by SSR Memorial Trust at 7:00am through online mode



Photos of the events

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