



**SSR INSTITUTE OF MANAGEMENT & RESEARCH,**

*Empower Yourself @ IMR*

NAAC Accreditation with Grade “B+”

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## “INTERNATIONAL YOGA DAY”

**Date: 21<sup>st</sup> June, 2022**

**Coordinator: Mr. Somnath Bava, IMR Librarian**

*“Yoga is the journey of the self, through the self, to the self.” - The Bhagavad Gita*

SSR IMR, Silvassa under aegis of IQAC celebrated “International Yoga Day” on 21<sup>st</sup> June, 2022. The celebration started with the welcome of Yoga Teachers, Mr. Chittaranjan Maharaj, Mrs. Swagatika Jn Samal and Mrs. Nirma Devi. In the beginning of event, Yoga Teacher Mr. Chittaranjan Sir addressed the students with the significance of Yoga in the Student’s life. On this occasion, SSR IMR Director Dr. Praveena Muley, Dr. Meena Kute, Principal, SSR College of education, Dr. Vishal Modi, I/c Principal, SSR College of Pharmacy and all



the staff members of **Yoga for Harmony & Peace** SSR IMR, SSR College of Education and SSR College of Pharmacy were present and participated in yoga with students. International Yoga Day celebration ended with inspiration speech of Dr. Meena Kute, Principal, SSR

College of Education and Vote of Thanks by Student representative.

