



SSR INSTITUTE OF MANAGEMENT & RESEARCH,

Empower Yourself @ IMR

NAAC Accreditation with Grade "B+"

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Approved by AICTE & Permanently Affiliated to Savitribai Phule Pune University, Pune

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“INTERNATIONAL DAY OF YOGA”

Date: 21st June, 2023

Coordinator: Dr. Somnath Bava, IMR Librarian

"Yoga is the practice of quieting the mind." - Patanjali

Every year SSR IMR, Silvassa under aegis of IQAC celebrates “International Yoga Day” on 21st June for Good and healthy life for staff and students. This year Yoga Day celebration started with the welcome of Yoga Teachers, Mrs. Swagatika Samal, Ms. Aparna Gupta Madam and Ms. Manisha Bhushan. In the



beginning of event, Yoga Teacher addressed the students with the significance of Yoga in the Student's life. On this occasion,

SSR IMR Director Dr. Rakesh Patil, and all the staff members of SSR IMR were present and

participated in yoga with students. International Yoga Day celebration ended with Vote of Thanks by IMR Sports Committee members. A plantation drive was executed at the end of the celebration.



Successful celebration of Yoga Day with Yog Asanas & Plantation drive