



SSR INSTITUTE OF MANAGEMENT & RESEARCH

Empower Yourself @ IMR

Permanently Affiliated to Savitribai Phule Pune University, Pune
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“International Day of Yoga”

Date: 21st June, 2025

Coordinator: Dr. Somnath Bava, IMR Librarian

"Yoga is the journey of the self, through the self, to the self." - The Bhagavad Gita

SSR IMR, Silvassa, in collaboration with its Internal Quality Assurance Cell (IQAC), celebrated International Yoga Day on 21st June 2025. This global event aims to promote a healthy and balanced lifestyle among staff and students. The celebration began with a warm welcome to Yoga Teachers, Mr. Kiran Patel and Miss Nirali Patel. The institute felicitated the yoga experts, who then shared the significance of yoga in human life. They elaborated on how yoga can improve physical and mental well-being, and its benefits in today's



fast-paced world. Dr. Rakesh Patil, Director of SSR IMR, along with staff members, actively

participated in the yoga session. The event provided a platform for everyone to learn and practice various yoga asanas, breathing techniques, and meditation. The yoga session was conducted in a serene and peaceful atmosphere, allowing participants to focus on their physical and mental health. The event concluded with a Vote of Thanks delivered by Dr. Somnath Bava, Sports Coordinator. He expressed gratitude to the yoga teachers, participants, and organizers for making the event a success.

