



Shri Bhairavnath Shikshan Prasarak Mandal's

Adhalrao Patil Institute of Management and Research

Approved by AICTE New Delhi, Recognized by DTE Maharashtra and affiliated to
Savitribai Phule Pune University, NAAC Accredited

APIMR, Landewadi, (Via-Manchar) Pune, Maharashtra, India. Tel.: 02133-235105

Ref: APIMR/2022-23

Date: 21st June 2023

International Yoga Day Wednesday, 21 June 2023

APIMR celebrated International Yoga Day on **21st June 2023** at the Institute's Lawns .
Following are the glimpses:



Ms. Kirti Indore, Physical Instructor, DMJC, Landewadi was invited as a resource person for the event. The program started by offering flowers to a photo of Om and Patanjali Muni.



Ms. Kirti Indore explained the importance of celebrating International Yoga Day. She also narrated the reason to celebrate on 21st June every year.

She explained importance of Yoga, Pranayama, and Meditation in today's stressful life.

The participants were trained by the resource person in some simple but extremely beneficial Yoga Postures. Vrukshasan, Pashchimottasan, Bhujangasan, Dhnurasan, etc., with specific benefits of each of them.

She even demonstrated some innovative postures especially to resolve musculo-skeletal disorders occurring due to use of mobile phones and laptops.



The program was attended by 20 participants; students, Dr. V.N. Sayankar, Director and all the staff members of APIMR. All the participants resolved that they will practice Yoga, Pranayama and Meditation on daily basis to keep themselves physically as well as mentally fit.
