



INSTITUTE OF SCIENCE, POONA'S

# INSTITUTE OF BUSINESS MANAGEMENT & RESEARCH

Permanently affiliated to Savitribai Phule Pune University Recognized by Govt. of Maharashtra &

Approved by AICTE, New Delhi

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## Report on International Yoga Day

Institute of Science Poona's Institute of Business Management and Research organized Yoga Session on Friday 21<sup>st</sup> June 2019 to bring peace, harmony, happiness and success to every soul in the world on the occasion of International Yoga Day.

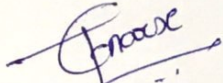
This was a great opportunity to imbibe the value of discipline. Dr. Renuka Vanarse welcomed all the dignitaries, Special Guest and Yoga trainer Ms. Krutika Shukla and Staff members with her welcome speech. Dr. Roopali Kudare Honored Ms. Krutika Shukla by giving a bouquet.

Dr. Roopali Kudare, Director gave a speech on importance of Yoga in day to day life.


The Programme was started with the Omkar Chant. Ms. Krutika Shukla her views on Yoga and also took practical session on Yoga. She motivated and gave inspiration to all the participants by taking easy yog aasans. She said that "Yoga is a mental, physical and spiritual practice that needs to be carried every day." Fraternity of the Institute got the chance to know how yoga embodies unity of mind and body.

For the said program Institute Director Dr. Roopali Kudare, Dr. Bhagyashree Dudhade , Principal Swami Vivekanand College of Education, Dr. Anjali Kalkar, Principal, College of Computer Sciences ,Student Development Officer Prof. Ashok Kumbhar, Dr. Omkar Gadre, IT Director, Prof. Dada Patil and other Members of Teaching and Non-teaching staff were participated.

Program concluded with the vote of thanks given by Prof. Smita Wagh

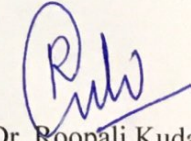
  
Dr. Renuka Vanarse

Program Coordinator

  
Prof. Smita Wagh

Program Coordinator



  
Dr. Roopali Kudare

Director