

CAMP EDUCATION SOCIETY's
Rasiklal M. Dhariwal Institute of Management
Sector 27/A, Nigdi Pradhikaran, Pune

Report
International Yoga Day Celebration

Date: 21st June 2023

On June 21st, 2023, the institute celebrated the 9th International Yoga Day with great enthusiasm. Students & staff members of the institute demonstrated a keen interest in this ancient practice. The objective of this year's celebration was "Yoga for Vasudhaiva Kutumbakam," that is to connect with the global community and promote adoption of yoga in every village of India.

The event commenced with a comprehensive introduction to Yoga by Ms. Rupali Tarawade. The program kicked off with warm-up exercises, during which everyone actively participated. Various sitting and standing asanas were practiced, with simultaneous explanations of their significance. She also conducted certain breathing exercises like Pranayama and Bhramari pranayama. The instructor emphasized the importance of incorporating yoga into daily life and maintaining harmony between the body and mind. The celebration concluded with a token of appreciation presented to the esteemed guests by Director, Dr. Bharat Kasar. The program ended with a vote of thanks by Prof. Ashwini Chavan. The workshop was successfully accomplished with the participation and support of all the teaching and non-teaching staff.

Prof. Ashwini Chavan
(Program Coordinator)

Dr. Bharat Kasar
(Director)

Photographs of Activity



