



Pimpri Chinchwad Education Trust's  
**S. B. PATIL INSTITUTE OF MANAGEMENT**

*AICTE Approved | Permanently Affiliated to SPPU, Pune*

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## EVENT REPORT

Name of the Event / Activity: - International Yoga Day

Committee / Cell: - Yoga & Wellness Cell

Date : - June 21, 2023

Time : - 10.00 am & 5.00 pm

Venue: - SBPIM Seminar Hall – 1 and PCET's Auditorium, S.B. Patil Architecture Building

Name of Guest Speaker (if any): - Mrs. Rupali Tarawade, International Yoga Teacher,  
Yoga Therapist

Name of the Faculty Coordinator: - Dr. Amarish Padma

Name of the Student Coordinator: - Ms. Rohini Pawar

Number of Students Participated: - 20

Number of Staff Participated: - 4

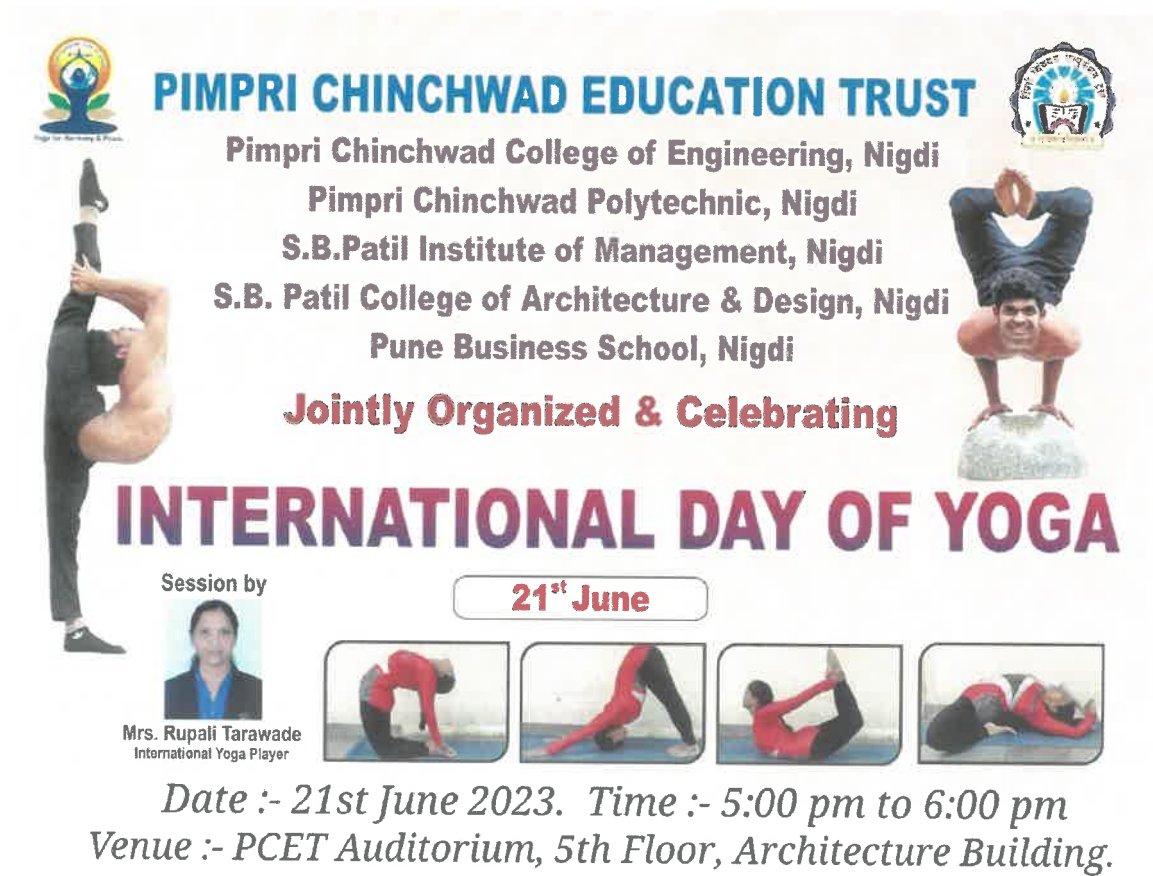
Brief Information of the Event: -

Driven by enthusiasm and the motivation to thrive in a society which is healthy, both physically and mentally PCET's S.B. Patil Institute of Management students and staff members celebrated **International Yoga Day on June 21, 2023** with great enthusiasm. Students took part in various activities like Poster making and Yoga Asana - Video making Competition with great passion and performed their best.

On this auspicious occasion Dr. Kirti Dharwadkar, Director SBPIM motivated students to incorporate YOGA in daily life for Mental, Physical wellbeing and improve concentration also.

Students and staff members performed "OM Chanting" and the Yoga expert demonstrated various asanas. Warm up exercises were taken and the students performed sitting and standing asanas, importance of these were explained simultaneously.

Regular practice of yoga will surely help our students achieve a better life, physically, mentally and spiritually as well.



**PIMPRI CHINCHWAD EDUCATION TRUST**

Pimpri Chinchwad College of Engineering, Nigdi  
Pimpri Chinchwad Polytechnic, Nigdi  
S.B.Patil Institute of Management, Nigdi  
S.B. Patil College of Architecture & Design, Nigdi  
Pune Business School, Nigdi

**Jointly Organized & Celebrating**

# INTERNATIONAL DAY OF YOGA

Session by

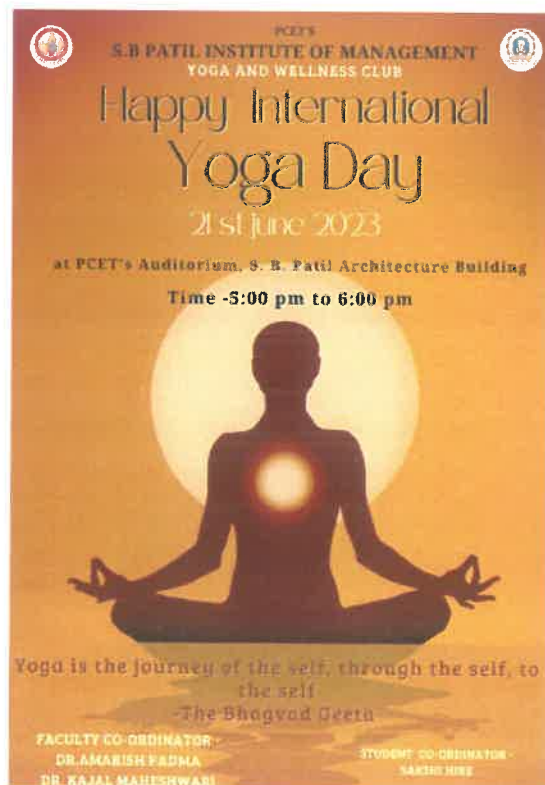
**21<sup>st</sup> June**

Mrs. Rupali Tarawade  
International Yoga Player

Date :- 21st June 2023. Time :- 5:00 pm to 6:00 pm  
Venue :- PCET Auditorium, 5th Floor, Architecture Building.

The flyer features two images of a man performing advanced yoga asanas: one standing and one on a ball. Below the main title, there are four small images showing different yoga poses. The text is centered and uses a mix of blue, red, and black colors.

*Flyer of the International Yoga day*



PCET'S  
S.B PATIL INSTITUTE OF MANAGEMENT  
YOGA AND WELLNESS CLUB

## Happy International Yoga Day

21st June 2023

at PCET's Auditorium, S. B. Patil Architecture Building

Time -5:00 pm to 6:00 pm

Yoga is the journey of the self, through the self, to  
the self  
-The Bhagvad Geeta

FACULTY CO-ORDINATOR -  
DR. AMARISH PADMA  
DR. RAJAL MAHESHWARI

STUDENT CO-ORDINATOR -  
SARITHI HIRE

The flyer has an orange background with a silhouette of a person in a meditative pose (Padmasana) with a glowing orange circle behind their head. The text is in white and black, with some orange highlights.

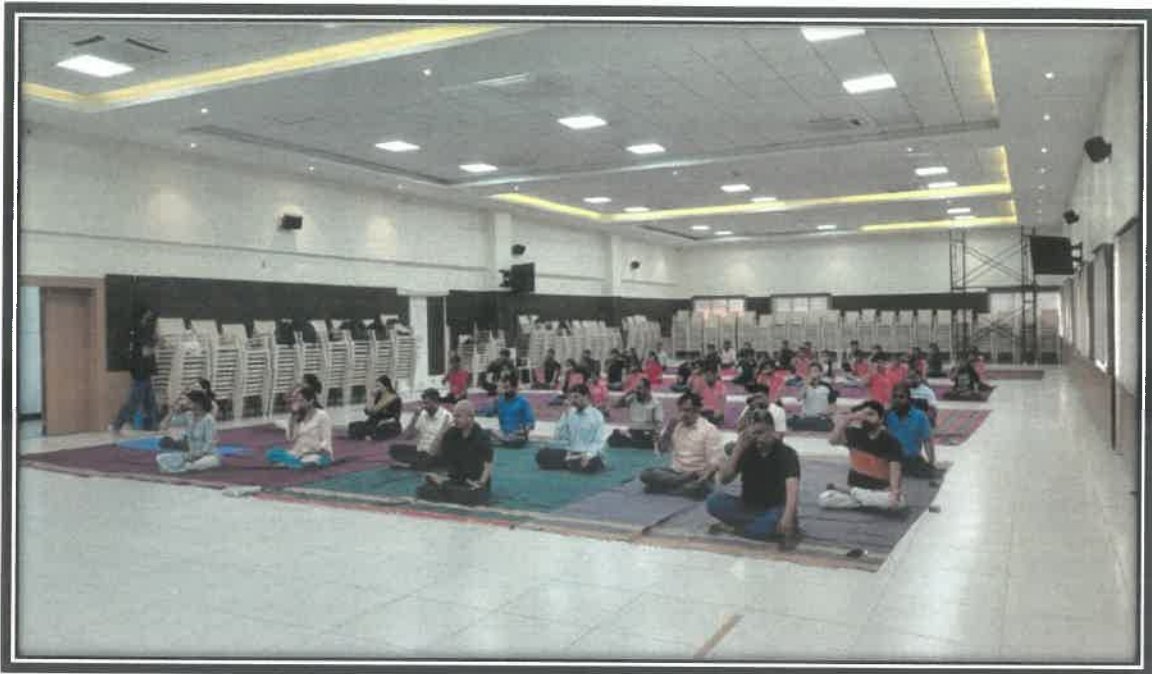
*Flyer of the International Yoga day*



*Dr. Kirti Dharwadkar addressing students and faculty members on International Yoga day*



*Students participated in Poster Competition on Yoga day*



*Faculty members and Students performing Pranayama during International Yoga day in PCET's Auditorium*





*Faculty members and Students performing Asanas during International Yoga day in PCET's Auditorium*



*Faculty members and Students performing Asanas during International Yoga day in PCET's Auditorium*



*Faculty members and Students performing Asanas during International Yoga day in PCET's Auditorium*

  
**Dr. Kajal Maheshwari**  
  
**Dr. Amarish Padma**  
Event Coordinator



  
**Dr. Kirti Dharwadkar**  
Director