





## KLS-IMER, Belagavi (Autonomous)

#### Report on "International Yoga Day" Celebration

Date of the Event: 21st June, 2023

**Venue**: KLS IMER, Belagavi **Timing**: 4:00 pm to 5:15 pm

Mode of Event (offline): Practical, Presentation, Lecture

& Sankalpa

Targeted Audience: Magt.Sta ff& Students of KLS IMER

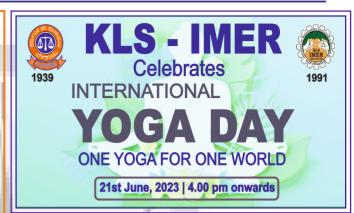
Total Attendance: 29 Nos.

Students-07 No., Teaching Staff-09 Nos. &

Non-teaching Staff-13 Nos.

Resource Person: Sunil N. Kulkarni, Librarian, KLS IMER

Coordinators: Sunil N. Kulkarni, Librarian & George Rodrigues, Asstt. Physical Instrctor



#### KLS' Institute of Management Education & Research (Autonomous)

Celebration of International Yoga Day 21st June, 2023

One Yoga For One World

On the eve of International Yoga Day on 21st. June, 2023, and as per the direction received from AICTE, we are organizing Yoga Session on 21.6.2023 for the staff & students from 4:00 pm onwards.

Mr. Sunil Kulkarni, Librarian will be the main resource person for the session.

All the staff members & students are requested to attend the practical session in time in comfortable dress to perform Yogasana @ Basement area in front of the Gym.

Attendance is compulsory.

Director

20th. June, 2023

Atach.: Agenda & Yoga protocol





Mode: Offline

Target Audience: Staff & Students of IMER

Time: 4.00 pm onwards (one Hr.)

Resource Person: Sunil N. Kulkarni, Librarian

Words from Shri. R.S. Mutalik, Chairman, GC, IMER/Dr. Praveen Kulkarni, Professor, KLS IMER
Prayer
Sadilaja/Chalana Kriyas/Loosening Practices
Yogasana: Standing Postures, Sitting Postures Prone Postures & Supine Postures
Kapalabhati, Pranayama, Dhyana
Prayer
Pledge / Sankalp (Oath taking)
End of the Session & Retire for the Refreshmer







## **SANKALPA (PLEDGE)**

I commit myself to remain in a balanced state of mind all the time. It is in this state that my development reaches its greatest possibility. I commit to do my duty to self, family, at work, to society, and to the world, for the promotion of peace, health and harmony.







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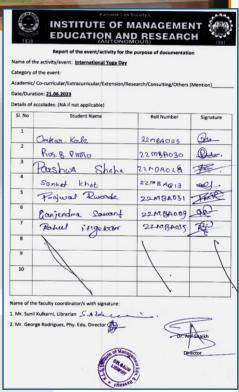
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#### **BRIEF REPORT:**

One the eve of the International Yoga Day, 21st June, 2023, Yoga Session for Management Members, Staff & Students was organized with the sole aim and objective of making them healthy i.e. Physically, Mentally, Emotionally and Spiritually, so that they can lead a happy life. Management Members, Students and Staff attended the event in large numbers. Our main aim is to make every IMERian KARMA YOGI so that, they will spread this "Health Campaign" further. To begin with Shri. R.S. Mutalik, Chairman, KLS IMER explained about what is Yoga and History of Yoga. Dr. Praveen Kulkarni, Professor, KLS IMER briefed about importance of doing Yogic Kriyas in Modern Life. Sunil Kulkarni, Librarian & Resource Person of the event guided the participant in Praticing of Yoga and conducted Yoga Session.

Yoga Session begin with PPT & Video presentation on Yoga followed by practice of light exercises, Yogasana, Pranayama and Meditation along with some discourse of Health Management, Stress Management & Managing Self-spirituality and session ended with Oath taking ceremony. The Session was led by Sunil Kulkarni & Library Team along with Mr. George Rodrigues, Asstt. Physical Director, KLS IMER Belagavi.

> YouTube Video link to Yoga Activities undertaken: https://youtu.be/PGNIaGnuKhQ