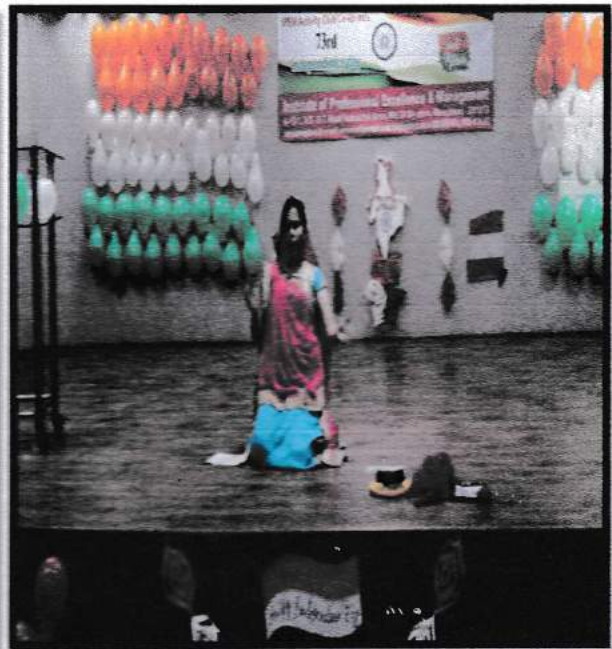
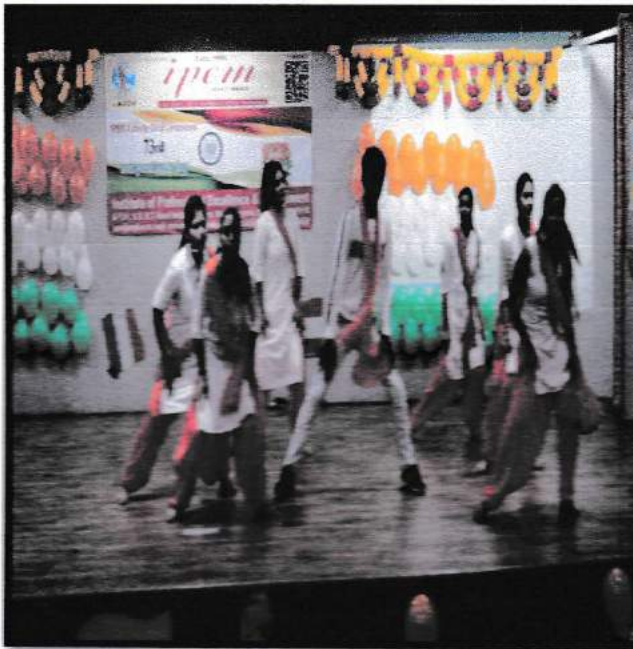
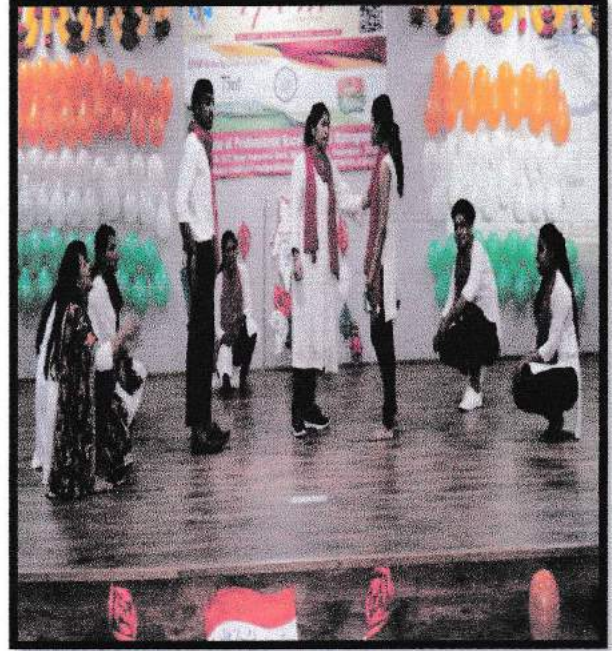




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Cultural Club Activities

PRE-INDEPENDENCE CELEBRATION (13.08.2019)



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INDEPENDENCE DAY (14.08.2018)

India's Independence Day reminds the country's citizens of all the sacrifices the freedom fighters have made to secure the country's future. Since its independence, India has made stellar progress in every field, including education, military and space programmes.



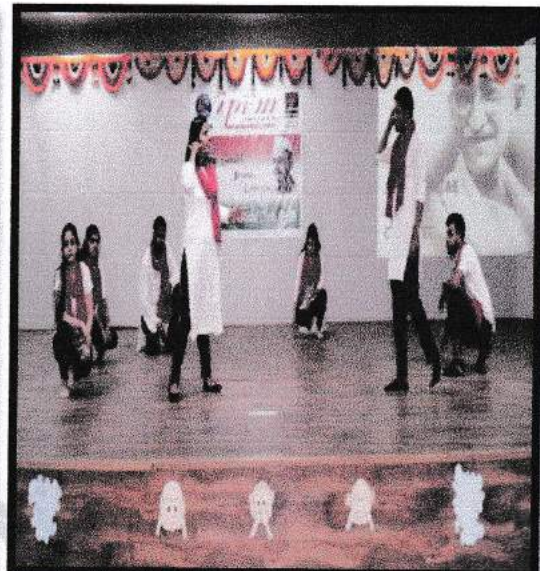
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GANDHI JAYANTI (01.10.2018)

IPEM Group of Institutions celebrated Gandhi Jayanti on 01st October, 2018.



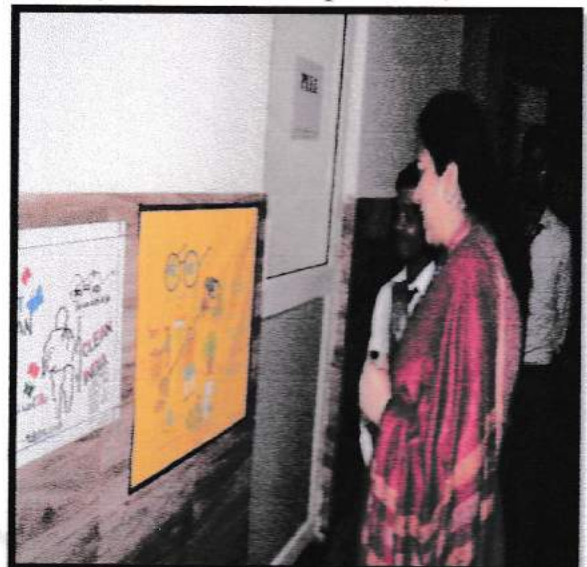
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GANDHI JAYANTI (29.09.2017)

IPEM Group of Institutions celebrated Gandhi Jayanti on 29th September, 2017.



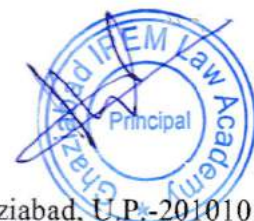
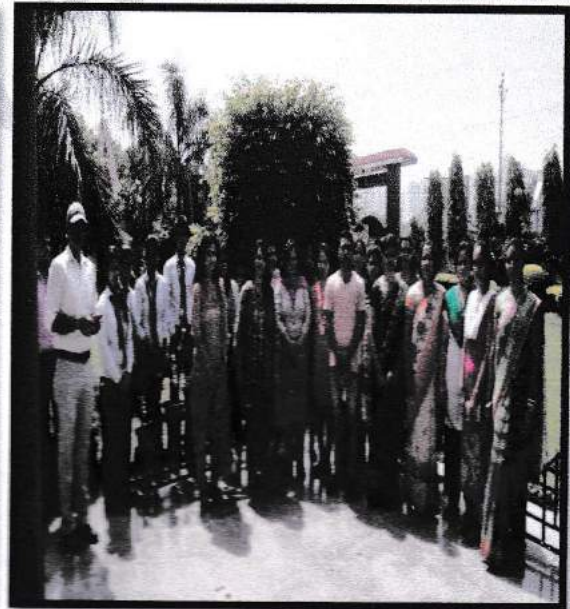
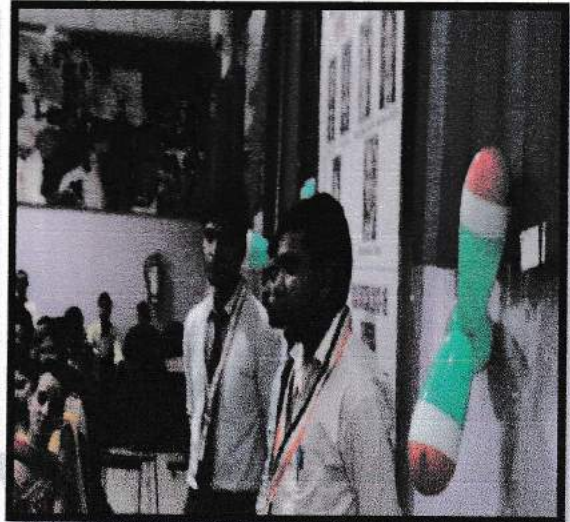
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INDEPENDENCE DAY (14.08.2017)

IPEM Group of institutions organised the event with great zeal and passion.



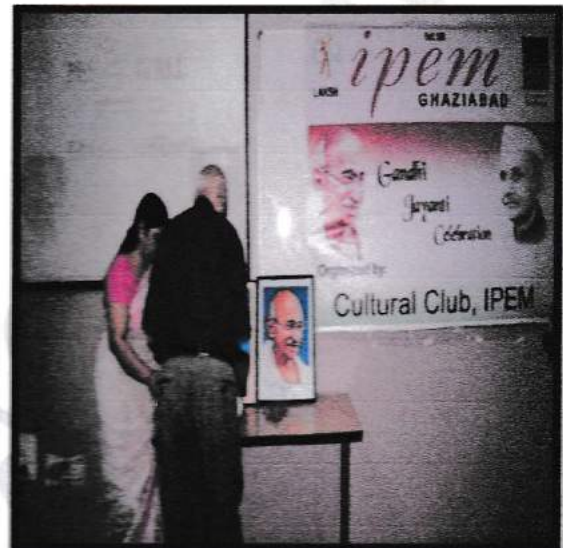
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GANDHI JAYANTI (01.10.2016)

Gandhi Jayanti is celebrated on 2nd October every year to mark the birth anniversary of Mohandas Karamchand Gandhi, who was famously known as Mahatma Gandhi.



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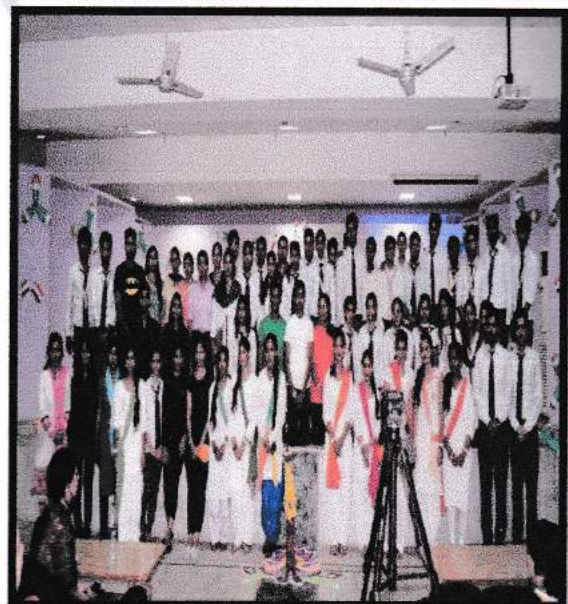




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LAW ACADEMY

INDEPENDENCE DAY (13.08.2016)

IPEM Group of Institutions celebrated Independence Day of India with great enthusiasm and patriotic fervor.



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SADBHAVNA DIVAS (20.08.2015)

The day is observed to encourage national integration, peace, affection, and communal harmony among the Indian people of all religions.



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CULTURAL CLUB ACTIVITIES

INDEPENDENCE DAY (14.08.2015)

IPEM Group of Institutions celebrated Independence Day of India with great enthusiasm and patriotic fervor.



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Sports Activities

CARROM (09.02.2019)



CHESS COMPETITION (22.08.2019)



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BADMINTON COMPETITION (25.10.2018)



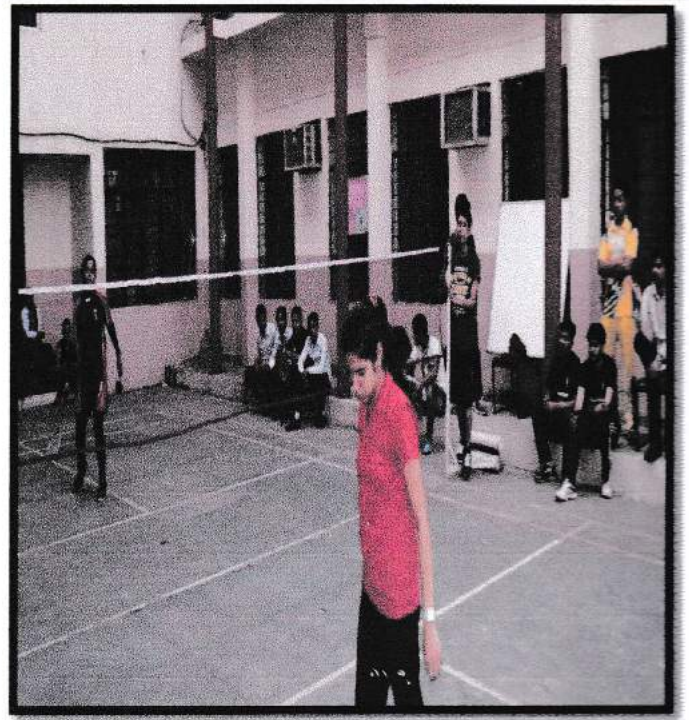
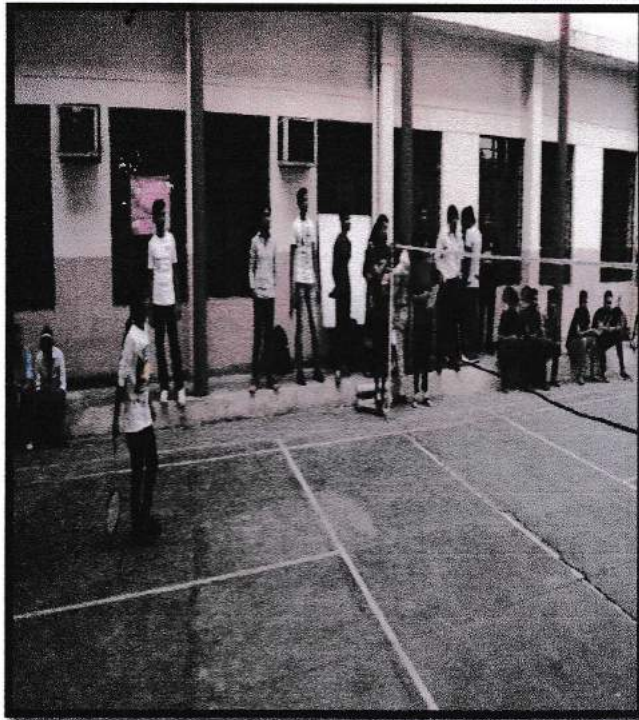
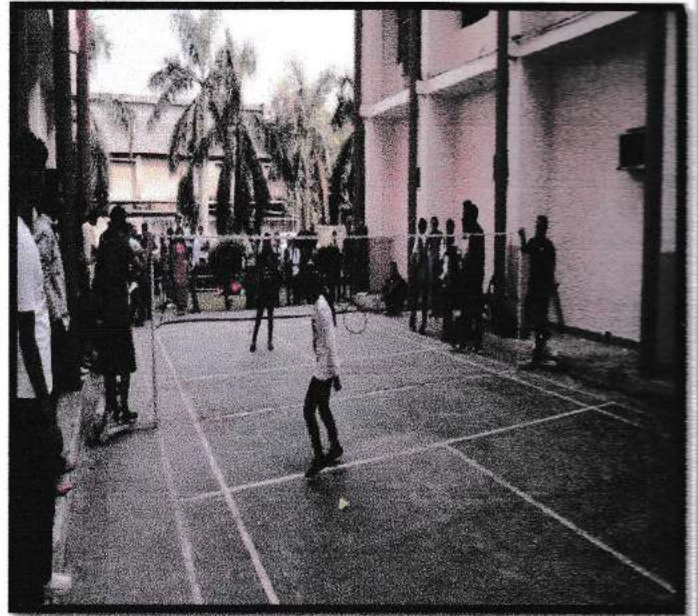
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BADMINTON COMPETITION (15.10.2016)



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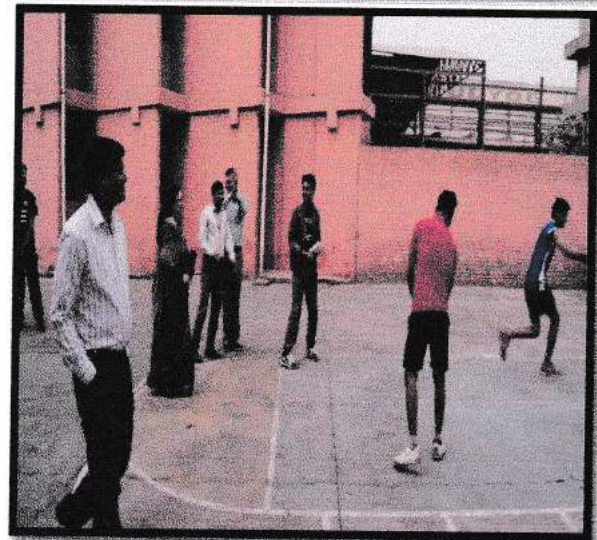
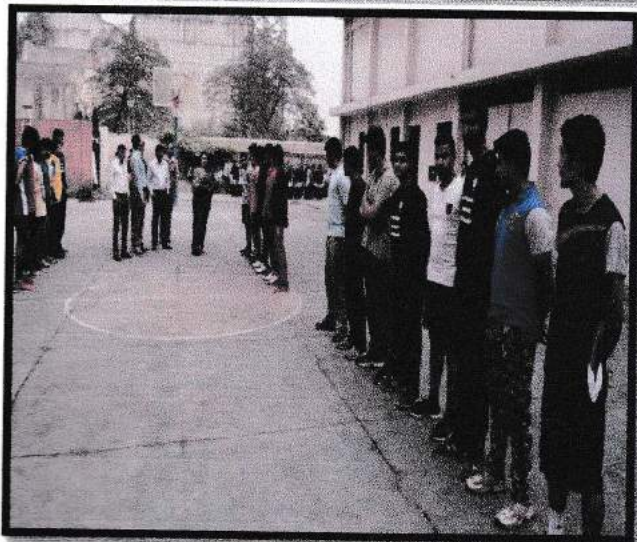
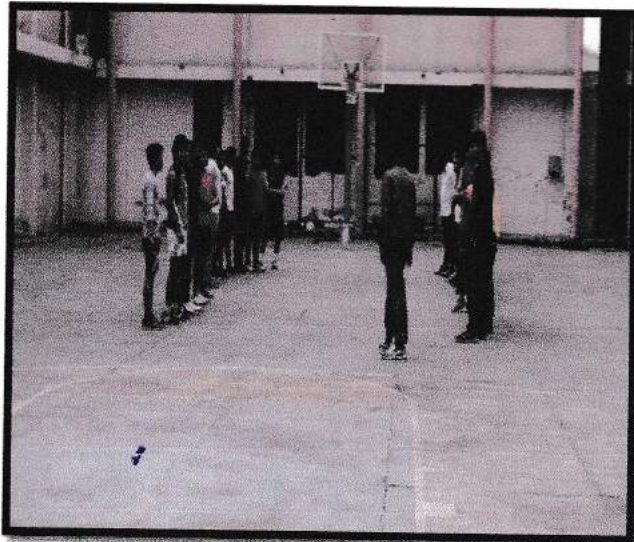




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SPORTS CLUB ACTIVITIES

BASKET BALL COMPETITION (27.11.2015)



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YOGA WORKSHOP : (9 & 10 FEB.2018)

IPEM Law Academy organizes a yoga Workshop for the students. The purpose of this yoga workshop is to aware the people to practice consisting of 8 levels of development in the areas of physical, mental, social and spiritual health in daily life. When the body is physically healthy, mind is clear, focused and stress is under control.

The workshop started under supervision of Dr. Sangeeta Tyagi, Yogshala, Kavinagar, Ghaziabad. First day she taught about the importance of yoga and the relationship between yoga and health after their lecture session she instruct about the different types of yoga. These yoga's are : Tad Aasan, Katicakra Aasan, Aardha Aasan, Hastolan Aasan, Trikohna Aasan.

Second Day was programme commenced with Manduok Aasan, Shashank Aasan, Aardhatas Aasan, Aardha Aasan, Pranayam, Anulom Vilom, Kapalbhati, Bhramari, and Udgeet. She end the session with the importance of meditation in day to day life.



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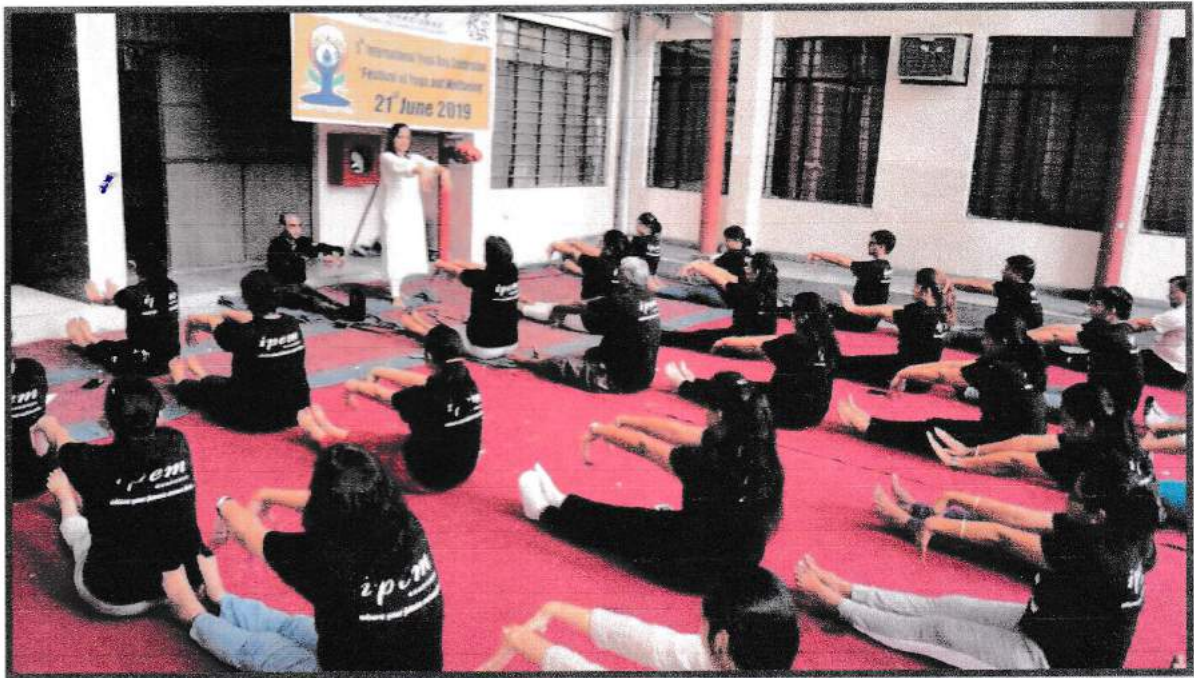


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FESTIVAL OF YOGA AND WELLBEING (21st JUNE 2019)

INTRODUCTORY TALK – 'YOGA A WAY OF LIFE'

Ms. Anupama Singh, Power yoga instructor, shared her personal experiences and her journey towards healthy, harmonious living on the basis of YOGA and Meditation. She stated that power yoga enhances the stamina, flexibility, posture and mental focus. According to her like all physical activities, it also relieves tension and releases toxins through sweat. Because it is rigorous, it burns more calories than most traditional forms of yoga and therefore can help with weight loss.



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