



PIONEERING EDUCATION  
SINCE 1992

# SHREE L. R. TIWARI DEGREE COLLEGE (Arts | Commerce | Science)

Approved by Government of Maharashtra & Affiliated to University of Mumbai

Date: 10<sup>th</sup> June 2022

## NOTICE

### Department of Lifelong Learning and Extension

This is to hereby inform that Department of Lifelong Learning and Extension (D.L.L.E.) committee is Celebrating **International Yoga Day on 21<sup>st</sup> June 2022, 7:30 a.m. at college campus.** To the DLLE Committee members, all interested students kindly registered their name.

For further query you can contact to Student Manager or D.L.L.E. Committee members.

#### Contact person:

#### **D.L.L.E. Extension Faculty**

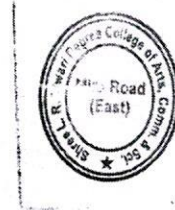
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Mr. Aayan Shaikh - +91 81042 16280

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Asst. Prof. Kshitij L. Jha  
D.L.L.E. Coordinator



Dr. Sanjay G. Mishra  
I/C Principal



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# SHREE L. R. TIWARI DEGREE COLLEGE

(Arts | Commerce | Science)

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**Event:** International Yoga Day

**Date:** 21<sup>st</sup> June 2022

**Day:** Tuesday

**Venue:** Shree L. R. Tiwari Degree College Campus, Mira Road (East)

## REPORT ON "INTERNATIONAL YOGA DAY"

The **Department of Lifelong Learning and Extension (DLLE)** cell organized International Yoga Day on 21<sup>st</sup> June 22, in the college campus.

International Yoga Day is celebrated annually on June 21st to promote the numerous benefits of yoga for physical, mental, and spiritual well-being. The day was officially declared by the United Nations General Assembly in 2014, following a proposal by Indian Prime Minister Narendra Modi. The date holds significance as it marks the summer solstice, the longest day of the year in the Northern Hemisphere.

The primary objective of International Yoga Day is to raise awareness about the many health benefits of practicing yoga and to encourage people to incorporate yoga into their daily lives. Yoga is an ancient practice that originated in India and has gained global popularity for its holistic approach to health and wellness.

The theme for International Yoga Day may vary each year, focusing on specific aspects of yoga or addressing current global challenges. Themes in the past have included "Yoga for the Heart," "Yoga for Peace," and "Yoga at Home and Yoga with Family."

Students were told about the importance of a healthy lifestyle and various ways to improve their immunity. The aim was to encourage students to stay active and healthy in these difficult times. Helps to raise awareness among students of many benefits of practicing yoga.

Asst. Prof. Kshitij L. Jha  
D.L.L.E. Coordinator



Dr. Sanjay G. Mishra  
**I/C PRINCIPAL**  
Shree L. R. Tiwari Degree College Of Arts Comm. & Sci.  
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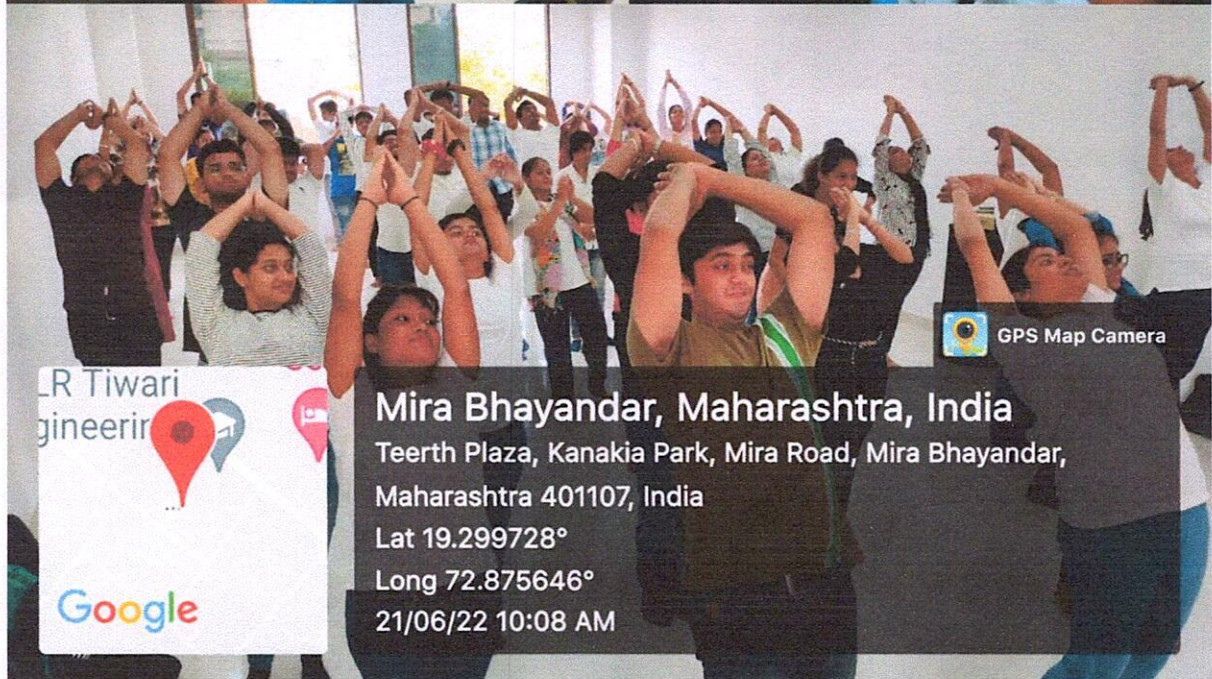




Shree L.R. Tiwari  
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### Mira Bhayandar, Maharashtra, India

Anjani Sparsh CHS, Ramdev Park Rd, near Woodland Hotel Inn,  
Kanakia Park, Mira Road, Mira Bhayandar, Maharashtra 401107, India  
Lat 19.300217°  
Long 72.874245°  
21/06/22 09:14 AM



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Google

### Mira Bhayandar, Maharashtra, India

Teerth Plaza, Kanakia Park, Mira Road, Mira Bhayandar,  
Maharashtra 401107, India  
Lat 19.299728°  
Long 72.875646°  
21/06/22 10:08 AM

