



# SHREE L. R. TIWARI DEGREE COLLEGE

(Arts | Commerce | Science)

Approved by Government of Maharashtra & Affiliated to University of Mumbai

Date: 19th June, 2021

## NOTICE

All NSS Students and volunteers are hereby informed that on 21<sup>st</sup> June, 2021 NSS Unit of Shree L.R. Tiwari Degree College of Arts, Commerce and Science in association with International Institute of Fitness and Alternative Sciences is going to celebrate International Yoga Day.

Venue : College Campus

Time : 8.00 am

Requesting all students for their active participation and be present on time as mentioned above.

By Order

Asst. Prof. Rambhavan Yadav

N. S. S. COORDINATOR  
SHREE L. R. TIWARI DEGREE  
COLLEGE OF ARTS, COM. & SCI.  
Mira Road (E) - 401 107.

Dr. Sanjay Mishra

I/C Principal  
Shree L. R. Tiwari Degree College of Arts, Comm. & Sci.  
Kanakia Park, Mira Road (East),  
Dist. Thane - 401107. Maharashtra







**Shree Rahul Education Society's**  
Shree L. R. Tiwari Degree College of Arts, Commerce & Science  
Approved by Government of Maharashtra and Affiliated to University of Mumbai  
Shree.L.R.Tiwari Educational Campus, Mira Road (E), Thane-401107, Maharashtra

**Event :** International Yoga Day

**Date:** 21<sup>st</sup> June 2021

**Venue:** Shree L. R. Tiwari Degree College

### **REPORT ON INTERNATIONAL YOGA DAY**

An age-old health care and wellness practice for holistic living from our land - Yoga - ensures a balance of mind, body and soul. Today, on June 21, the world is celebrating the seventh International Yoga Day.

The Covid- 19 pandemic has led to many institutions and businesses closing their doors temporarily added stress and anxiety among the people. The disease and isolation is not only affecting the health of the patient but also affecting emotional health.

With the view of the present situation, The N.S.S. Unit of **Shree L. R. Tiwari Degree College** celebrated international yoga day. We have celebrated this event by following all COVID-19 safety norms. The Principal, Teaching and Non-teaching staff, few students of N.S.S. unit assembled in the College at 8:00 am. It started with introduction of yoga instructor **Dr. Anup Singh** Founder of International Institute of Fitness and Alternative Sciences, Borivali for guiding us on importance of yoga and how everyone can practice yoga in daily life and how yoga helps to deal with these types of issues as it helps us to build psycho-physiological health, emotional harmony and manage daily stress and its consequences.

#### **Objectives for the event:**

- 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.Rambhavan A Yadav**

**NSS Coordinator**

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**Dr Sanjay G.Mishra**

**I/C Principal**

**I/C PRINCIPAL**

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Mira Road (East), Thane - 401 107.







Shree Rahul Education Society's (Regd.)

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## NSS UNIT

Organises

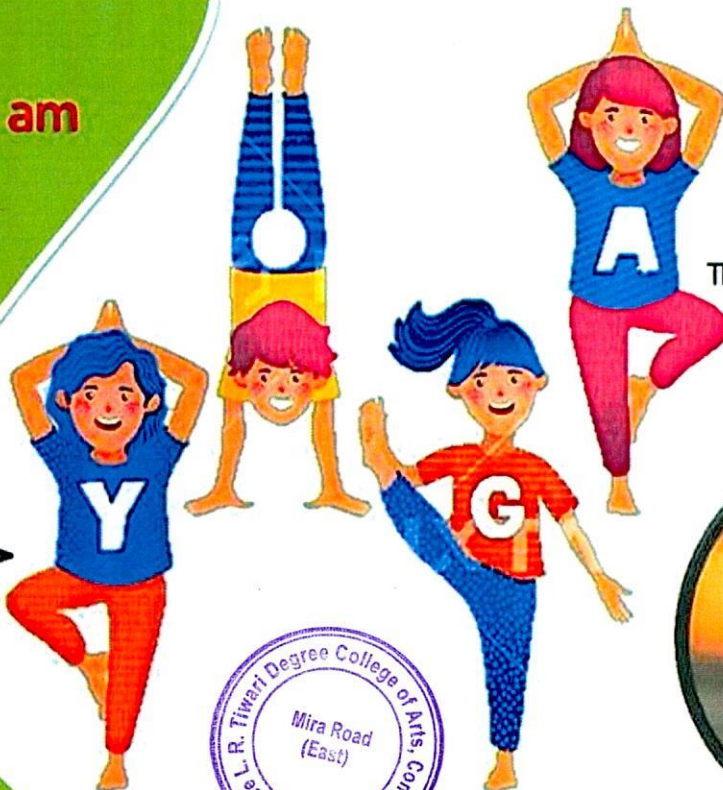
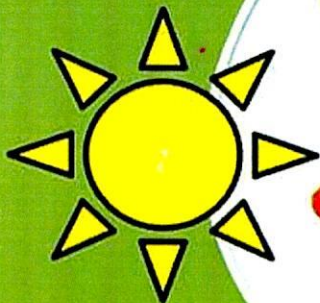


### "International Yoga Day – Live YOGA Session"

21<sup>st</sup> June,  
2021

8:30 am-9:30 am

Monday



**Dr. Annup Singh**

The International Institute of Fitness &  
Alternative Sciences, Borivali  
[ FOUNDER ]



Live on :

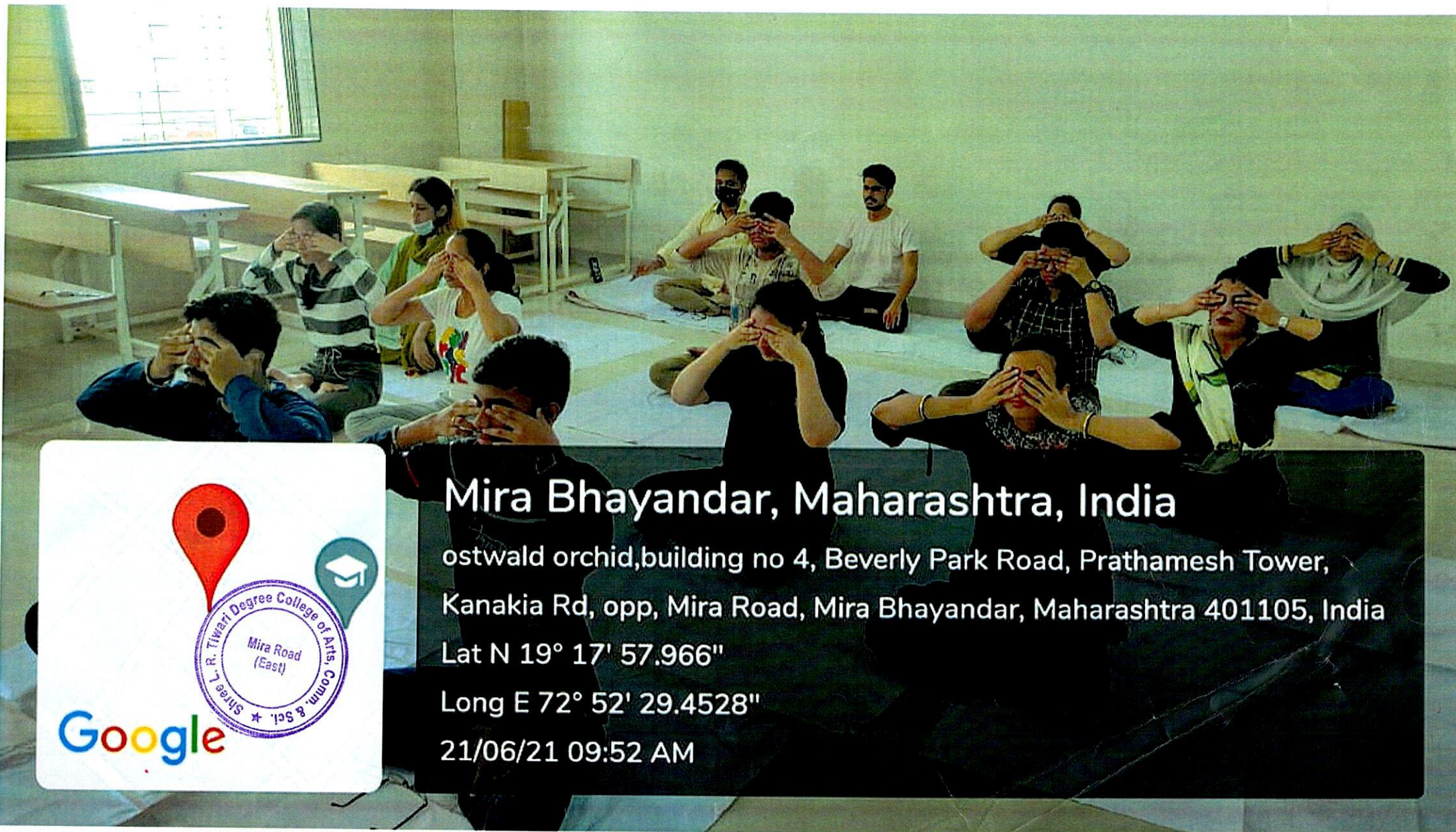
**Online Platform**

With Regards

**Dr. Sanjay Mishra**

[ PRINCIPAL ]





## Mira Bhayandar, Maharashtra, India

ostwald orchid,building no 4, Beverly Park Road, Prathamesh Tower,  
Kanakia Rd, opp, Mira Road, Mira Bhayandar, Maharashtra 401105, India

Lat N 19° 17' 57.966"

Long E 72° 52' 29.4528"

21/06/21 09:52 AM





