



SHREE L. R. TIWARI DEGREE COLLEGE

(Arts | Commerce | Science)

Approved by Government of Maharashtra & Affiliated to University of Mumbai

Date: 19th June, 2022

NOTICE

All NSS Students and volunteers are hereby informed that on 21st June, 2022 NSS Unit of Shree L.R. Tiwari Degree College of Arts, Commerce and Science in association with Shree Ambika Seva Kendra Kelve Road is going to celebrate International Yoga Day.

Venue : College Campus

Time : 8.30 am to 9.30 am

Resource Person : Mrs. Savita. D. Savkar

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





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Event : International Yoga Day

Date: 21st June 2022

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.

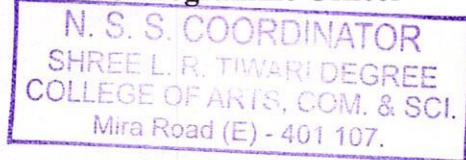
With the view of the present situation, The N.S.S. Unit of **Shree L. R. Tiwari Degree College** celebrated international yoga day. The Principal, Teaching and Non-teaching staff, around 80 students of N.S.S. unit assembled in the College at 8:00 am. It started with introduction of yoga instructor and speaker Mrs Savita D. Savkar from Shree Ambika Seva Kendra Kelve Road Speaker and yoga instructors guided 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

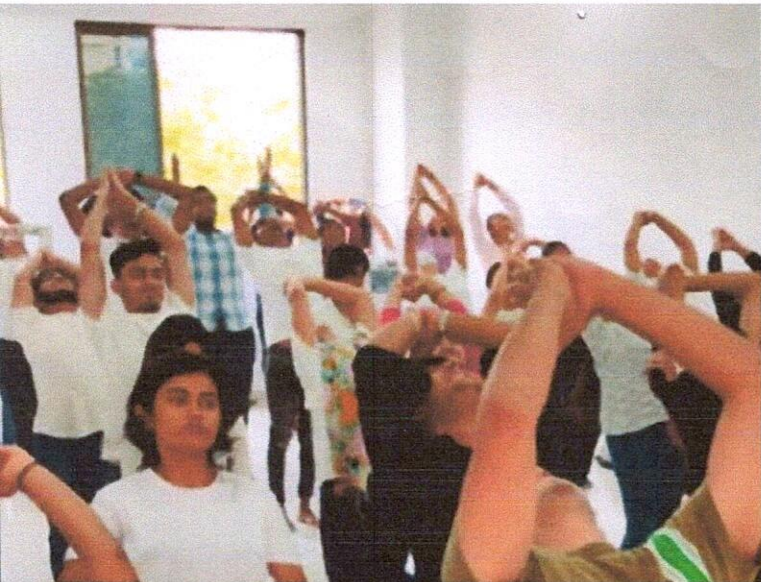
NSS Programme Officer



Dr Sanjay G.Mishra

I/O Principal

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



Mira Bhayandar, Mahara

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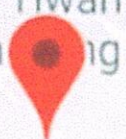
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Shree LR Tiwari
Engineering



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Shree LR Tiwari
Engineering



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