



Shree Rahul Education Society's (Regd.)

SHREE L. R. TIWARI DEGREE COLLEGE

(Arts | Commerce | Science)

UGC Recognition under sec 2(f) of the UGC Act 1956 | Approved by Government of Maharashtra |

Affiliated to University of Mumbai | College Code - 1064 | ISO Certified 9001:2015 | Hindi Linguistic Minority Institute



NSS SLRTDC

"Not Me But You"

NSS Unit in collaboration with BCOM Dept, WDC & Sports Committee Organizes

INTERNATIONAL YOGA AND MEDITATION SESSION

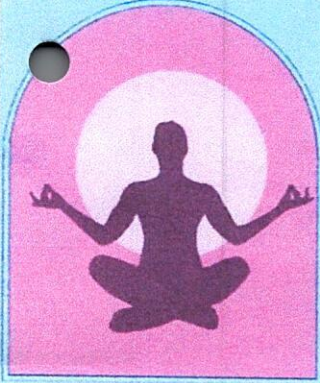
Date: Saturday, 21st June 2025

Time: 7.30 AM to 8.30 AM

Venue: Room No. 502,
New Building

Dress Code: White

Resource Person: Mrs. Suvarna Shende
(Certified Level) 3 Yoga Instructor, Ministry of
Ayush, Govt. Of India.



Students are hereby informed to
bring Yoga Mats and wear
comfortable clothes/track pants.

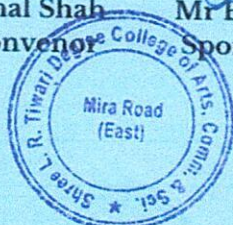


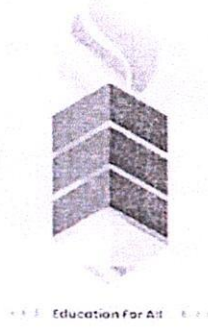
Asst. Prof. Rambhavan Yadav
NSS Programme Officer
BCOM Co-ordinator

Asst Prof Sonal Shah
WDC - Convener

Mr Bhavik Patel
Sports In-charge

Dr Sanjay Mishra
I/C Principal





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**SHREE L. R. TIWARI
DEGREE COLLEGE**

(Arts | Commerce | Science)

[U.G. Recognition under sec. 21(1) of the U.C.C. Act 1956]
[Approved by Government of Maharashtra]
[NAAC Accredited with CGPA-3.14 Grade 'A' 1st Cycle]
[Affiliated to University of Mumbai]
[College Code - 1084] [ISO Certified 9001:2015]
[Hindi Linguistic Minority Institution]

Notice No: SLRTDC/25-26/

Date: 17th June, 2025

NOTICE

We are pleased to inform you that a **Yoga and Meditation Session** is being organized by the **NSS unit** in collaboration with the B.Com Department, Women Development Cell (WDC) and Sports Committee on the occasion of **International Yoga Day**.

Date: 21st June, 2025

Time: 07:30 AM – 08:30 AM

Venue: 502 New Building

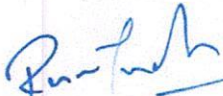
Dress Code: White (Comfortable for Yoga)


Resource Person:- Mrs. Suvarna Shende (Certified Level 3 Yoga Instructor - Ministry of Ayush - Govt of India)


Note: Kindly carry your own yoga mat.

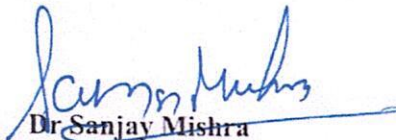
Objectives:

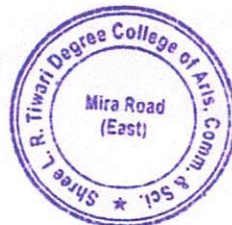
- To promote physical and mental well-being through the practice of yoga and meditation.
- To create awareness about the importance of holistic health and stress management among students and faculty.
- To encourage regular participation in yoga as a means of achieving balance and harmony in daily life.
- To celebrate International Yoga Day by fostering a culture of mindfulness, relaxation, and inner peace within the campus community.


Asst Prof Rambhavan Yadav
NSS Programme Officer
BCOM - Co-ordinator


Asst Prof Sonal Shah
WDC - Convenor


Mr Bhavik Patel
Sports - Incharge


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





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SHREE L. R. TIWARI DEGREE COLLEGE

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Affiliated to University of Mumbai | College Code - 1064 | ISO Certified 9001:2015 | Hindi Linguistic Minority Institution

Date: 21st June 2025

Report on International Yoga Day Celebration

Topic: Yoga and Meditation Session

Participants: Male - 27, Female - 38, Total - 65

Venue: Room No. 502 New Building

Organised by: NSS Unit in collaboration with BCOM Dept, WDC and Sports Committee

Resource Person: Mrs. Suvarna Shende (Certified Level - 3Yoga Instructor, Ministry of Ayush, Govt. Of India)

Introduction:

In celebration of **International Yoga Day**, NSS Unit in collaboration with BCOM Dept, WDC & Sports Committee organized a Yoga and Meditation session on **21st June 2025** within the college campus. The event aimed to highlight the importance of holistic well-being, encouraging participants to embrace yoga as a tool for physical fitness and mental clarity.

Objectives of the Event:

- To promote physical and mental well-being through the practice of yoga and meditation.
- To create awareness about the importance of holistic health and stress management among students and faculty.
- To encourage regular participation in yoga as a means of achieving balance and harmony in daily life.
- To celebrate International Yoga Day by fostering a culture of mindfulness, relaxation, and inner peace within the campus community.

Event Highlights:

The session was led by **Certified Yoga Trainer Mrs. Suvarna Shende**, who has years of experience in guiding yoga and meditation practices. The event commenced with a brief introduction by Ms. Shinde, emphasizing the ancient roots of yoga and its modern-day

relevance. She explained how yoga is not just a form of physical exercise but a spiritual discipline that brings harmony between body and mind.

Participants engaged in a series of guided yoga postures (asanas), pranayama (breathing exercises), and a short meditation session designed to alleviate stress and boost energy levels.





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Each posture was explained in detail, along with its benefits for various aspects of health and well-being.

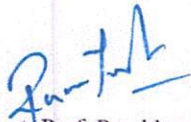
The session witnessed enthusiastic participation from both students and faculty. The environment was filled with positive energy, calmness, and a shared sense of unity in promoting wellness.

Outcome of the Event:

- The celebration effectively enhanced awareness about the importance of yoga in daily life.
- Participants felt rejuvenated and motivated to incorporate yoga and meditation into their daily routines.
- The event emphasized the significance of mental peace, physical well-being, and stress management.
- It fostered a health-conscious and balanced atmosphere within the campus community.
- The initiative received positive feedback and appreciation for helping reduce academic stress and support emotional wellness.

Conclusion:

The International Yoga Day celebration proved to be a meaningful and enriching experience for the campus community. It successfully promoted the values of holistic health, mindfulness, and inner peace through active participation and expert guidance. The event not only encouraged the integration of yoga into daily routines but also reinforced the importance of mental and physical well-being. Overall, it fostered a positive, balanced, and wellness-oriented culture within the college



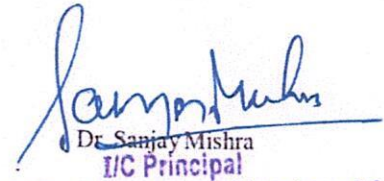
Asst. Prof. Rambhavan Yadav
NSS Programme Officer
B.Com Coordinator



Asst. Prof. Sonal Shah
WDC – Convenor



Mr. Bhavik Patel
Sports – In charge



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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Date: 21st June, 2025

Glimpses of the Event



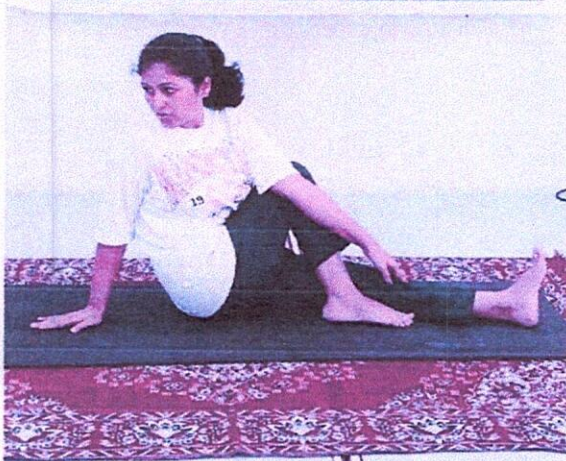


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 Shree L. R. Tiwari Educational Campus, Mira Road (East), Thane - 401107, Maharashtra
NATIONAL SERVICE SCHEME
(N.S.S. UNIT)
NOT ME BUT YOU



GPS Map Camera
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75% ATTENDANCE COMPULSORY



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 Shree L. R. Tiwari Educational Campus, Mira Road (East), Thane - 401107, Maharashtra
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GPS Map Camera
 Mira Bhayandar, Maharashtra, India
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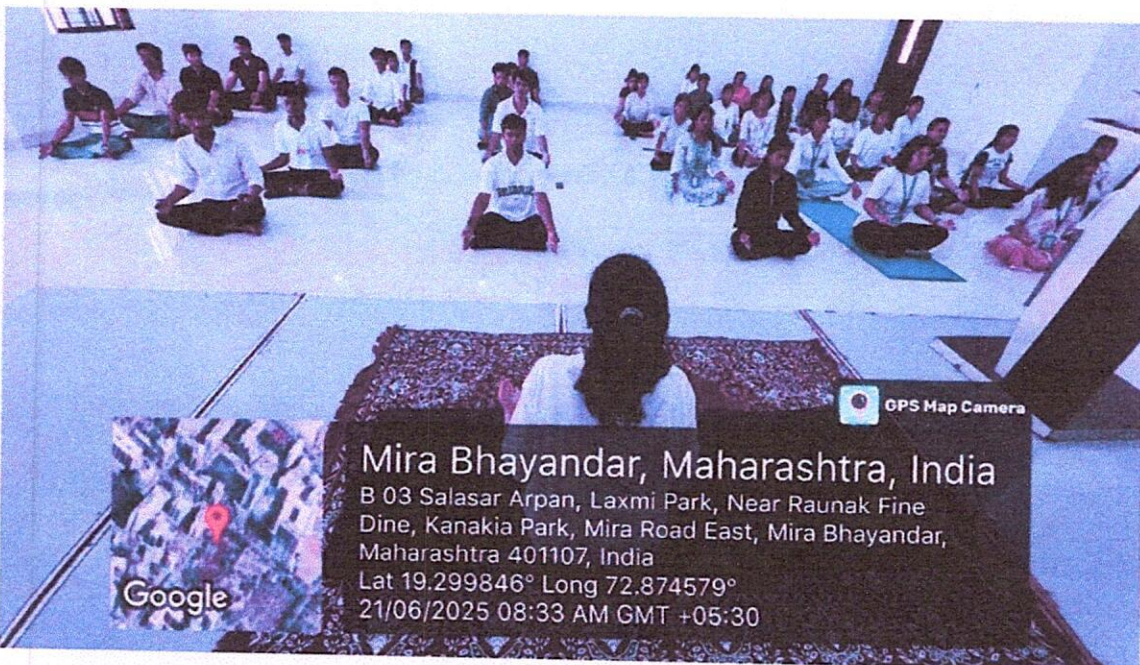




Shree Rahul Education Society's (Regd.)

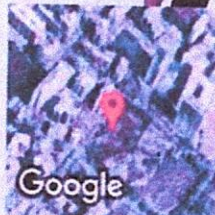
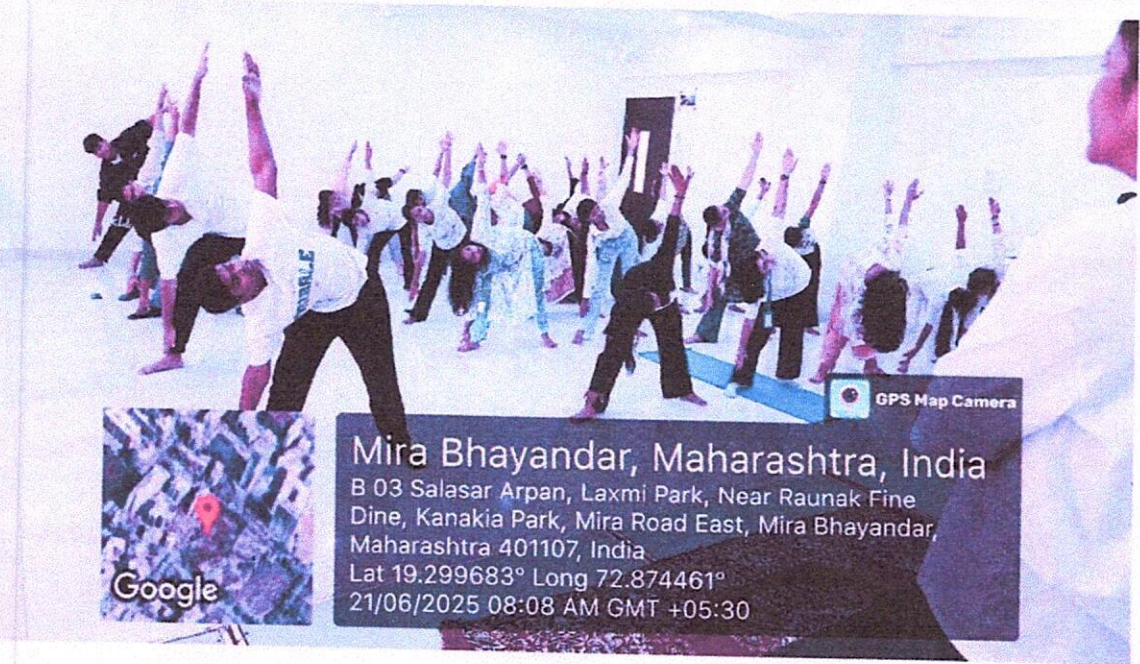
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Mira Bhayandar, Maharashtra, India
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GPS Map Camera



Mira Bhayandar, Maharashtra, India
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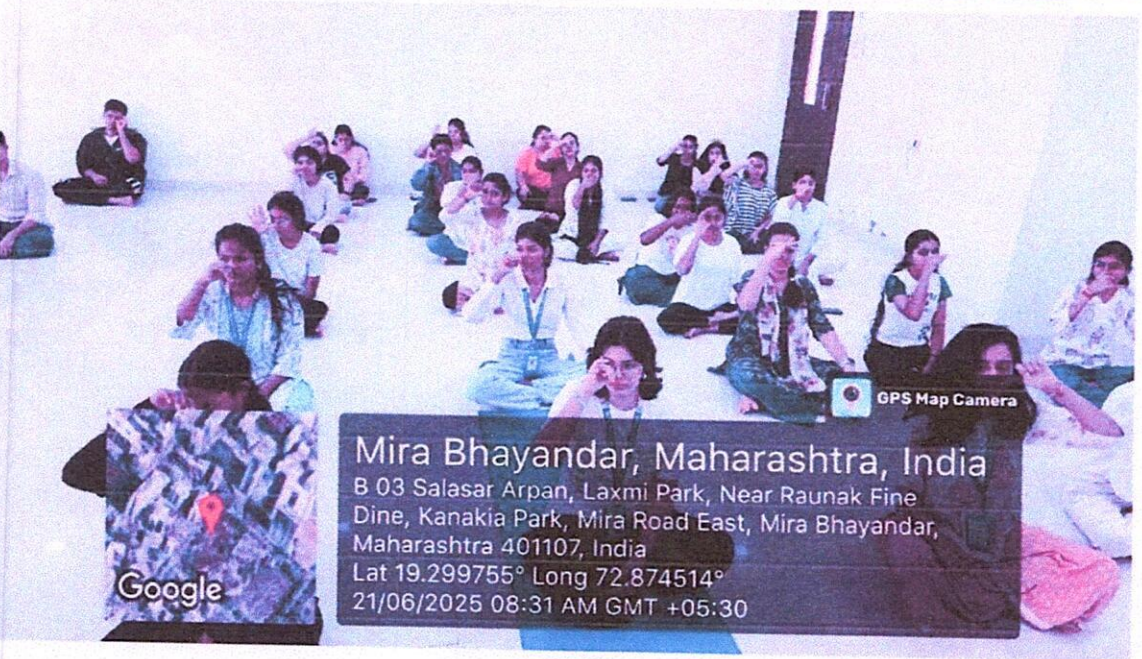
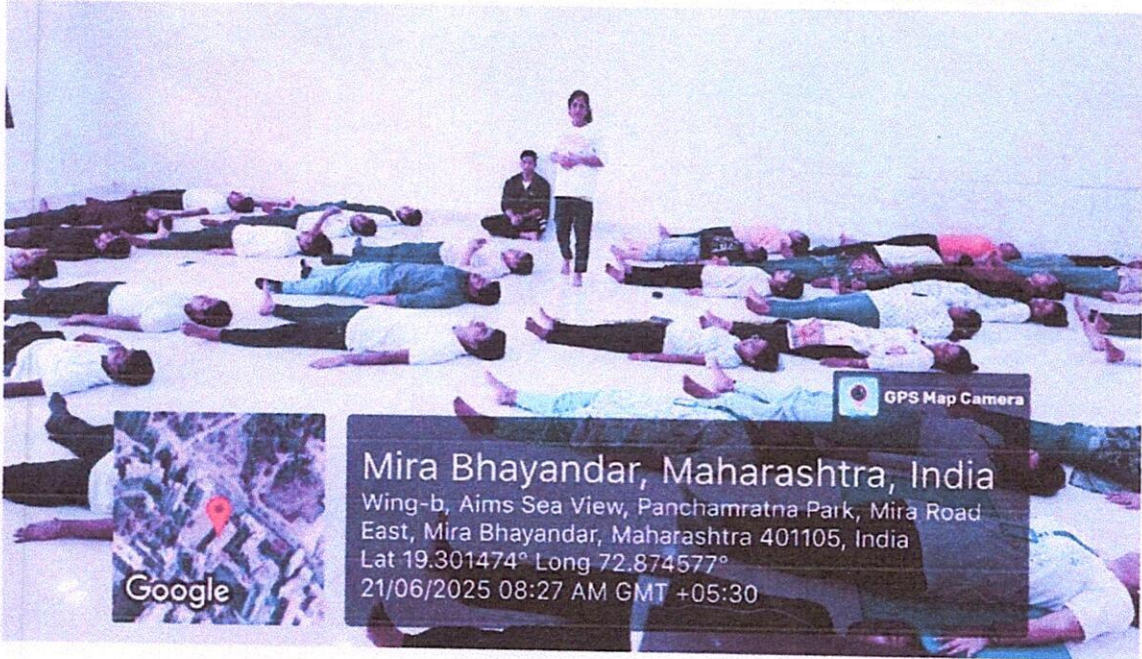




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SHREE L. R. TIWARI DEGREE COLLEGE

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SHREE L. R. TIWARI DEGREE COLLEGE[Arts/Commerce/Science] UGC Recognition under sec. 7(F) of the U.G. Act 1956. Approved by Government of Maharashtra [NAAC Accredited with Grade 'A' (1st Cycle)]
Affiliated to University of Mumbai College Code: 4084-ISO Certified 9001:2015 Hindi Linguistic Minority Institution**Attendance Sheet**Name of the Event: Yoga & Meditation SessionName of the Department/Committee/Cell/Club: NSS, WDC, Sports & Broom DeptName of the Speaker: Mrs Swarna ShendeDate: 21/06/25

Sr. No.	Name of the Faculty	Dept	Gender M/F	Signature
1.	Asst Prof Sonal Shan	Bcom	F	Sonal.
2.	Mr. Bhavin Patil	Sports	M	Bhavin
3.	Asst. prof Swarna Shende	Bcom/BAF	F	Swarna
4.	Asst. Prof. Bhruvika Nyas	B-COM	F	Bhruvika
5.	Asst. PROF. Jay Mahesh Thosani	BMS	M	Jay
6.	Dr. Jineeta Mehta	Bcom	F	Jineeta
7.	Asst Prof Dhruv HADYAL	BSc. CS	M	Dhruv
8.	Asst. Prof. Pashmi The	BMS	F	Pashmi
9.	Asst. Prof. Teeka Kanaban	Bcom	F	Teeka
10.	Asst. Prof. Babali Vishwakarma	Bms	F	Babali
11.	Asst. prof Egan Anseri	IT/CS	F	Egan
12.	Asst. Prof. Qreemul Fatima	IT/CS	F	Qreemul
13.	Asst. Prof. Rambhavan Tander	B-com	M	Rambhavan
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SHREE L. R. TIWARI DEGREE COLLEGE[Arts / Commerce / Science] U.G. Recognized under sec. 2(F) of the U.G. Act 1956. Approved by Government of Maharashtra / NAAC Accredited with Grade 'A' (1st Cycle).
Affiliated to University of Mumbai / College Grade - B (1st ISO Certified 9001:2015) / Hindi Language Minority Institution.

Attendance Sheet

Name of the Event: Yoga & Meditation SessionName of the Department/Committee/Cell/Club: NSS, WDC, Sports & Bwm DeptName of the Speaker: Mrs Sunand Shende Date: 21/06/25

Sr. No.	Name of the Student	Class	Gender M/F	Signature
1.	James Patil	Sy Bcom	M	JP
2.	Jaya Gupta	TY Bcom	F	Jaya
3.	Soniya Babhuya	SYBMS	F	Soniya
4.	Pooja Shindran	SY.BSCS	F	Pooja
5.	Sezal Sharma	TY BSC[CS]	F	Sezal Sharma
6.	Saazim Singh	TY Bsc Cs	F	Saazim
7.	Simsran Qureshi	TY BSc CS	F	Simsran
8.	Khushboo Vishwakarma	TY BSCC	F	Khushboo
9.	Kritika Qureshi	TY BSCCS	F	Kritika
10.	Neha Joo	TY BSC CS	F	Neha
11.	Priiti Gupta	SY.B.com	F	Priiti
12.	Aayush Mahalik	TYIT	M	Aayush
13.	Parikshit Pandey	TYIT	M	Parikshit
14.	Pragati Shukla	TYIT	F	Pragati
15.	Pooja Kulkarna	TYIT	F	Pooja
16.	Omkar Kamtekar	M.COM	M	Omkar
17.	Aresh Munglie	TY BCOM	M	Aresh
18.	Roshesh Vishwakarma	TYBMS	M	Roshesh
19.	Kish Sajaj	SYBAF	M	Kish
20.	Mohit	SYBAF	M	Mohit
21.	Aayush Balshi	SYBAF	M	Aayush
22.	Dharia Bhoomi	TYBMS	F	Dharia
23.	Daaniya Bukhari	TYBAMMC	F	Daaniya
24.	Gautam Choudhary	BSYCS	M	Gautam
25.				



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Attendance SheetName of the Event: Yoga & Meditation SessionName of the Department/Committee/Cell/Club: NSS, WDC, Sports & Bcom DeptName of the Speaker: Ms. Suvarna Shende Date: 21/06/25

Sr. No.	Name of the Student	Class	Gender M/F	Signature
1.	Sujal Hegde	S4Bcom	M	
2.	Chetan Rajpurshit	S4Bcom	M	
3.	Saib Akashon Khan	S4Bcom	M	
4.	Aditya Mishra	TyBMS	M	
5.	Shounya Shirke	S4BMS	M	
6.	Shivang Singh	S2BBT	M	
7.	Shreyash J. Kulkarni	T4Bcom	M	
8.	Ronit Chaudhary	T4Bcom	M	
9.	Nitish Shukla	T.YBcom		
10.	aarti Gaud	S4Bcom		
11.	Shainy Borges	T.YBcom		
12.	Masuma Uddin	T.YBcom		
13.	Khushi D	T.YBcom		
14.	Vansika	T.YBcom		
15.	Khushi Salian	TYBcom	F	
16.	Singh Amrisha	S4Bcom	F	
17.	Saneecha S. Maskar	S4Bcom	F	
18.	Sania Jogle	S4BMS	F	
19.	Bhoomi Mishra	S4BMS	F	
20.	Riddhi Chauhan	S4CS	F	
21.	Mehar Shetty	S4Bcom	F	
22.	Ketan Chaurasiya	S4BMS	M	
23.	Rishabh Konde	S4Bcom	M	
24.	Aminesh Mishra	S4BMS	M	
25.	Chaturresh Anvekar	S4BMS	M	





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Attendance Sheet

Name of the Event: Yoga & Meditation Session

Name of the Department/Committee/Cell/Club: NSS, WDC, Sports & Bcom Dept

Name of the Speaker: Mrs Suvarna Shende. Date: 21/06/25

Sr. No.	Name of the Student	Class	Gender M/F	Signature
1.	Prachi Jaiswar	SYBAF	F	Prachi
2.	Suresh Shikhar	SYBAF	F	Suresh
3.	Lareb Naqui	TYBMM	F	Lareb
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