



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 institution

Notice No: SLRTDC /24-25/

Date: 19th June, 2024

NOTICE

Dear Students and Faculty,

The NSS unit of Shree L.R. Tiwari Degree College is pleased to announce the celebration of International Yoga Day in collaboration with the Art of living on 21st June 2024. Join us in promoting health and mindfulness through the ancient practice of yoga.

Event Details:

- Date: 21st June 2024
- Time: 09:30 AM to 11:30 AM
- Venue: College Auditorium

Highlights of the Event:

- Guided yoga session by a professional yoga instructor.
- Discussion on the benefits of yoga for mental and physical well-being.
- Interactive Q&A session on incorporating yoga into daily life.

Objective:

- To raise awareness about the importance of yoga in leading a balanced and healthy lifestyle.
- To educate attendees about the ancient origins of yoga and its positive impact on reducing stress, improving concentration, and fostering mindfulness in daily life.
- To bring together students, faculty, and staff in a unified, positive environment that promotes health, wellness, and a sense of community through the shared experience of practicing yoga.

Students and staff are encouraged to wear comfortable attire and bring their yoga mats.

Asst.Prof. Rambhavan Yadav
NSS Programme Officer

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.
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Date: 22th June 2024

Report

Event Name: International Yoga Day Celebration

Organized By: NSS Unit in association with Art of Living

Date: 21st June 2024

Venue: College Auditorium

Time: 8:30 AM to 10:00 AM

Objective:

- To raise awareness about the importance of yoga in leading a balanced and healthy lifestyle.
- To educate attendees about the ancient origins of yoga and its positive impact on reducing stress, improving concentration, and fostering mindfulness in daily life.
- To bring together students, faculty, and staff in a unified, positive environment that promotes health, wellness, and a sense of community through the shared experience of practicing yoga.

Event Summary:

The event began with an inaugural address by the Principal, Dr Sanjay Mishra, followed by our COO, Mr Utsav Tiwari and Smt Krishna Tiwari who highlighted the importance of yoga in contemporary lifestyles. The professional yoga instructor led participants through a series of yoga postures, breathing exercises, and meditation techniques suitable for beginners and seasoned practitioners alike.

Activities Conducted:

- Yoga Session: Participants practiced asanas and pranayama for stress relief and focus.
- Interactive Talk: The instructor shared yoga's benefits and answered questions on daily practice.

Outcome:

- Over 120 participants, including students and staff, actively participated in the event.
- The event successfully instilled awareness about the benefits of yoga for physical health and mental resilience.
- Positive feedback was received, with many participants expressing interest in pursuing yoga as a regular practice

Asst. Prof. Rambhavan Yadav
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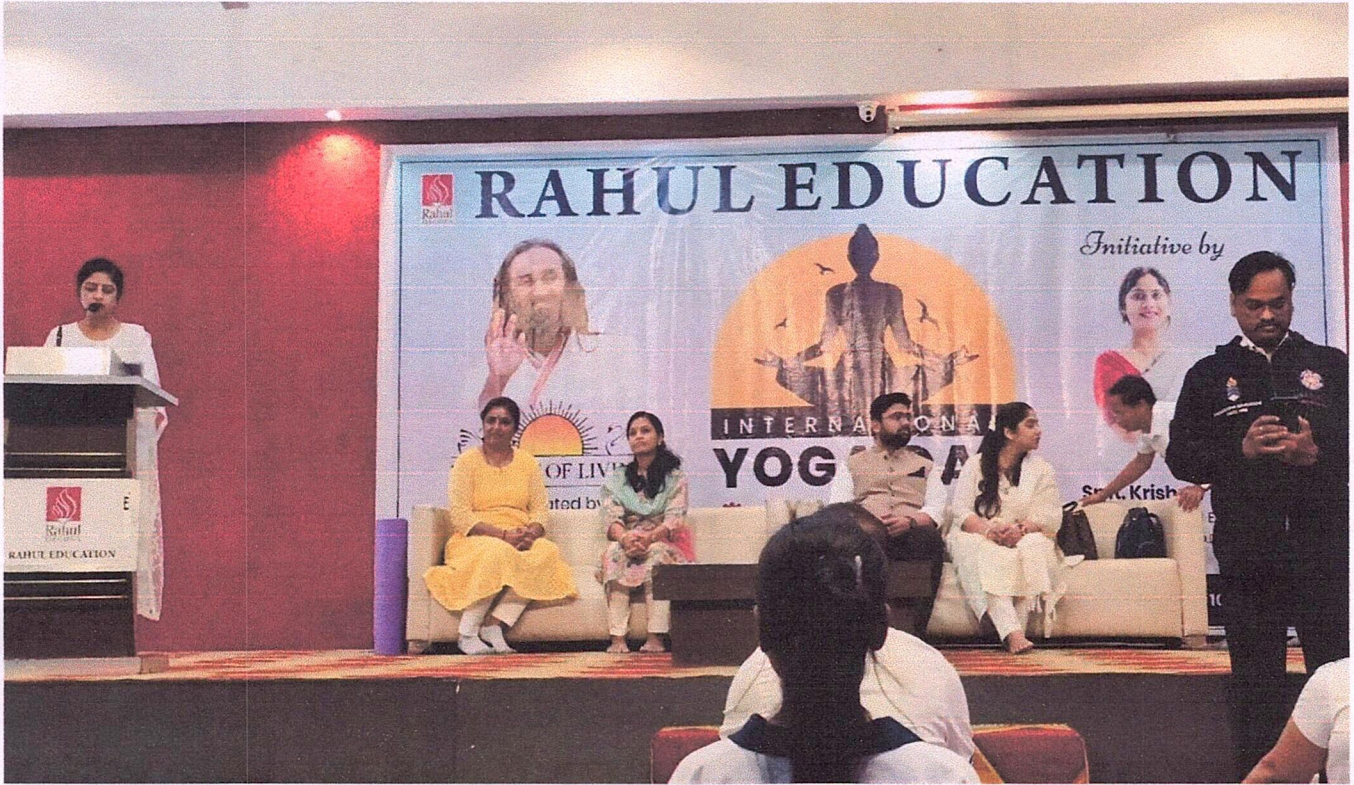


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GLIMPSE OF THE EVENT

INTERNATIONAL YOGA DAY





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