



NSS SLRTDC

"Not Me But You"

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

## INTERNATIONAL YOGA AND MEDITATION SESSION

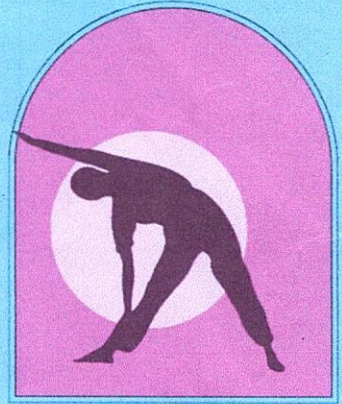
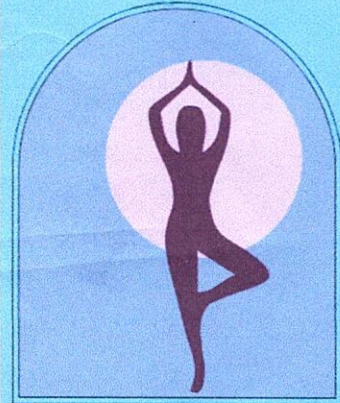
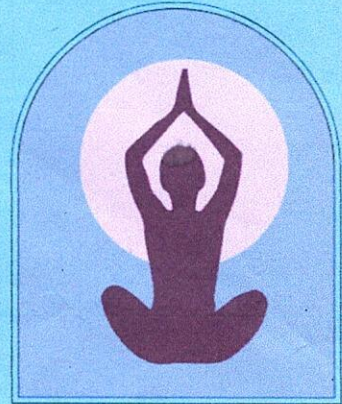
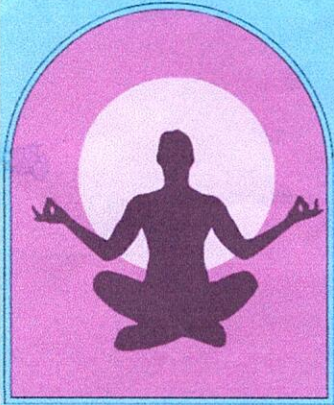
Date: Saturday, 21<sup>st</sup> June 2025

Time: 7.30 AM to 8.30 AM

Venue: Room No. 502,  
New Building

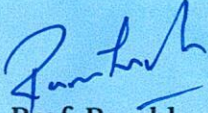
Dress Code: White

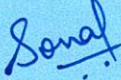
Resource Person: Mrs. Suvarna Shende  
(Certified Level) 3 Yoga Instructor, Ministry of  
Ayush, Govt. Of India.

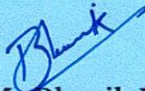


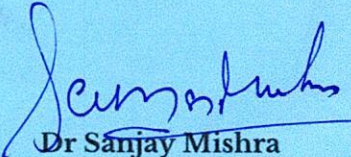
Students are hereby informed to  
bring Yoga Mats and wear  
comfortable clothes/track pants.



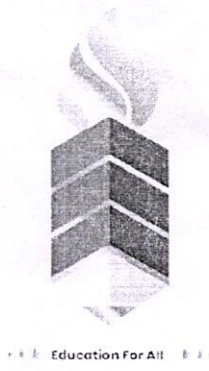
  
Asst. Prof. Rambhavan Yadav  
NSS Programme Officer  
BCOM Co-ordinator

  
Asst. Prof. Sonal Shah  
WDC - Convenor

  
Mr. Bhavik Patel  
Sports In-charge

  
Dr. Sanjay Mishra  
I/C Principal





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 |  
NAAC Accredited with CGPA-3.14 Grade "A" (1st Cycle) |  
Affiliated to University of Mumbai |  
College Code -1064 | ISO Certified 9001:2015 |  
Hindi Linguistic Minority institution

Notice No: SLRTDC/25-26/

Date: 17<sup>th</sup> 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  
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

## 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



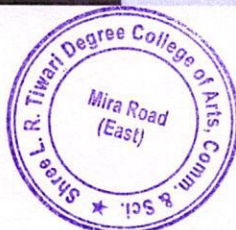


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Date: 21<sup>st</sup> June, 2025

## Glimpses of the Event

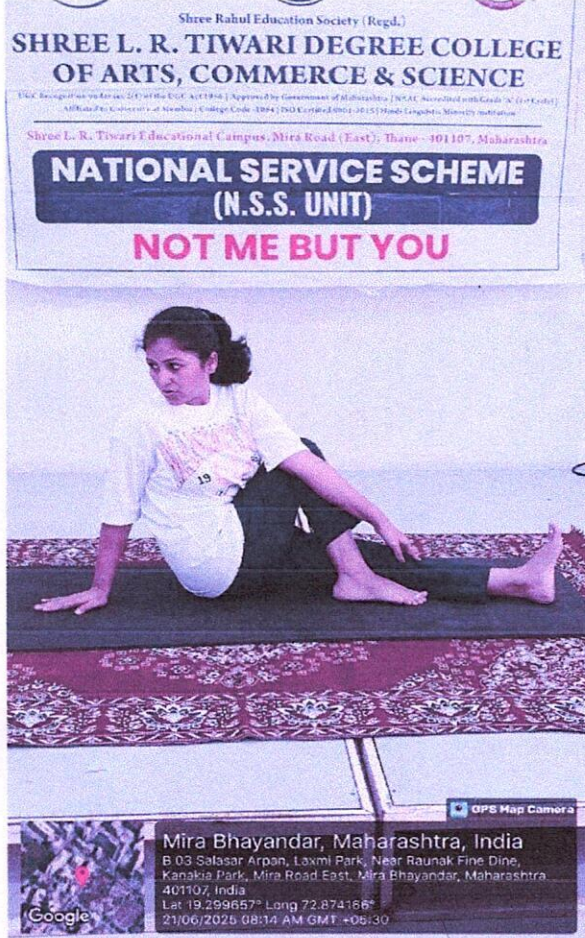




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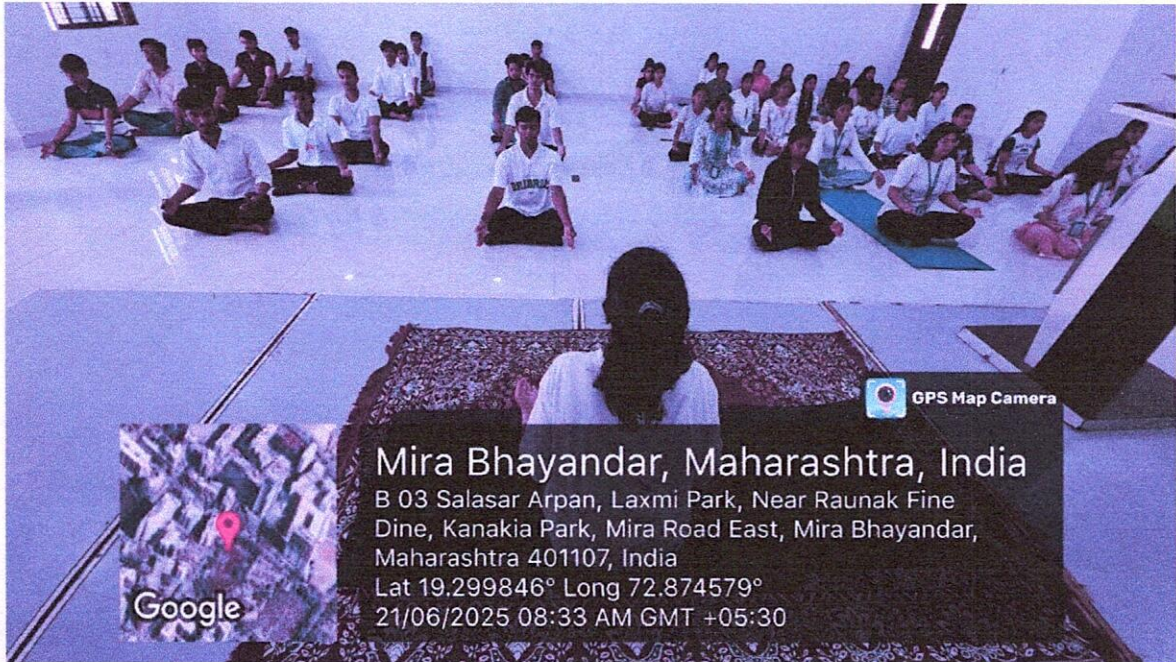




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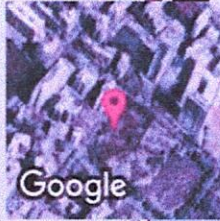
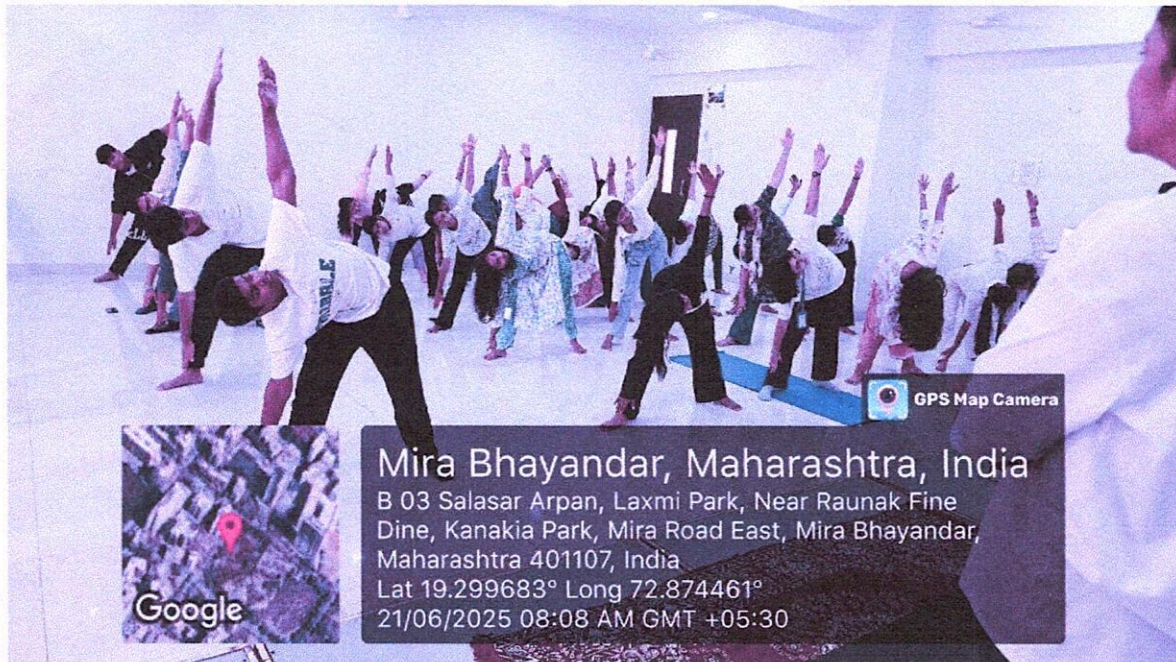


Google



Mira Bhayandar, Maharashtra, India

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Google



Mira Bhayandar, Maharashtra, India

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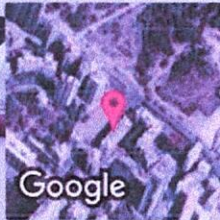
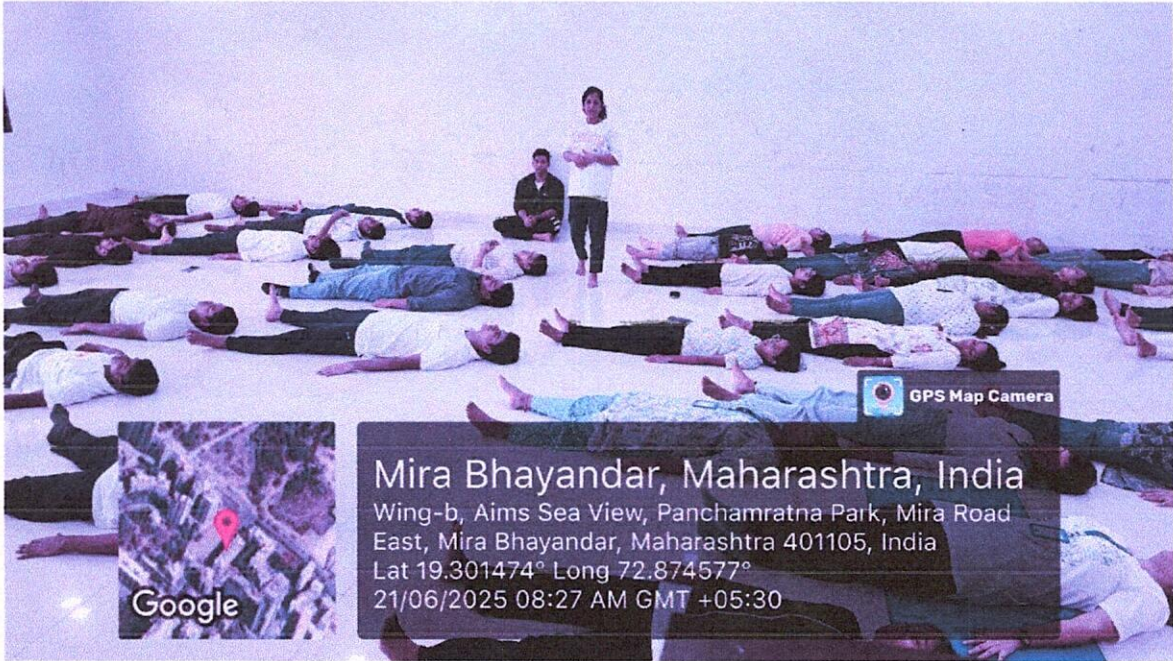




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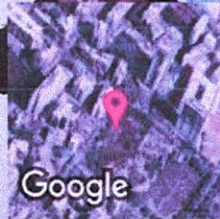
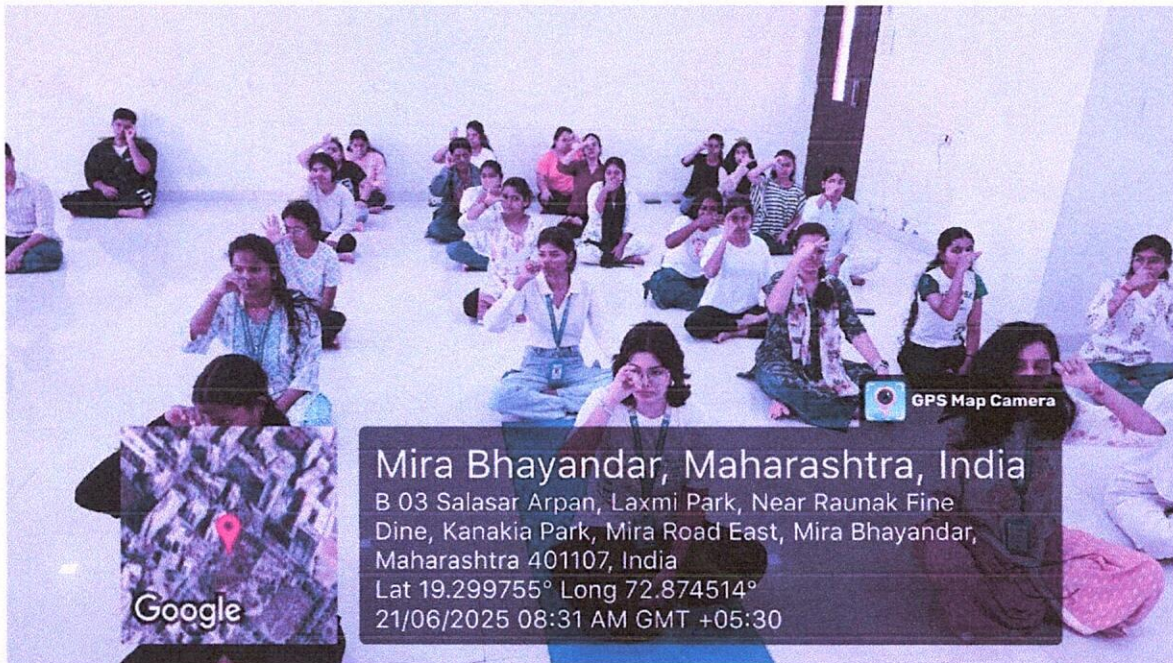


Google

GPS Map Camera

Mira Bhayandar, Maharashtra, India

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Google

GPS Map Camera

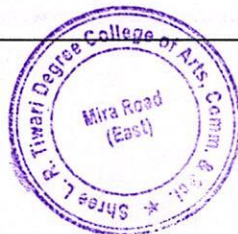
Mira Bhayandar, Maharashtra, India

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**Attendance Sheet**Name of the Event: Yoga & Meditation SessionName of the Department/Committee/Cell/Club: NSS, WDC, Sports & Bcom DeptName of the Speaker: Mrs Suvarna ShendeDate: 21/06/25

Sr. No.	Name of the Faculty	Dept	Gender M/F	Signature
1.	Asst Prof Sonal Shah	Bcom	F	Sonal.
2.	Mr. Bhavin Patil	Sports	M	Bhavin
3.	Asst. Prof. Suvarna Shende	Bcom/BAF	F	Suvarna
4.	Asst. Prof. Brumika Nyas	B-COM	F	Brumika
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 Anselmi	IT/CS	F	Egan
12.	Asst. Prof. Qiumbul Fatima	IT/CS	F	Qiumbul
13.	Asst. Prof. Rambhavan Tandar	B-com	M	Rambhavan
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**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.	Jayesh Patel	SY Bcom	M	JP
2.	Jaya Gupta	TY Bcom	F	Jaya
3.	Soniya Babhruya	SYBMS	F	Soniya
4.	Pooja Shindran	SY.BSCS	F	Pooja
5.	Sezal Sharma	TY BSC[CS]	F	Sezal Sharma
6.	Sarvagun Singh	TY Bsc CS	F	Sarvagun
7.	Simran Qureshi	TY BSC CS	F	Simran
8.	Khushboo Vishwakarma	TY BSC CS	F	Khushboo
9.	Kritika Qureshi	TY BSC CS	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 Mungli	TY BCOM	M	Aresh
18.	Roshesh Vishwakarma	TYBMS	M	Roshesh
19.	Krish Sarej	SYBAF	M	Krish
20.	Mohit	SYBAF	M	Mohit
21.	Aeyan Balshi	SYBAF	M	Aeyan
22.	Dharia Bhoomi	TYBMS	F	Dharia
23.	Daaniya Bukhari	TYBAMME	F	Daaniya
24.	Gautam Choudhary	BSYCS	M	Gautam
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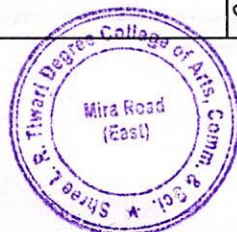


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**Attendance Sheet**Name of the Event: Yoga & Meditation SessionName of the Department/Committee/Cell/Club: NSS, WPC, Sports & Bcom DeptName of the Speaker: Ms. Suvaang Shende Date: 21/06/25

Sr. No.	Name of the Student	Class	Gender M/F	Signature
1.	Sujal Hegde	SyBcom	M	
2.	Chetan Rajpurahit	SyBcom	M	
3.	Saib Akashra Khan	SyBcom	M	
4.	Aditya Mishra	TyBMS	M	
5.	Shounya Shirke	SyBMS	M	
6.	Shivang Singh	SyBBS	M	
7.	Shreyashi J. Kulkarni	TyBcom	M	
8.	Ronit Dhadekar	TyBcom	M	
9.	Nitesh Shukla	TyBcom		
10.	aarti Gaud	SyBcom		
11.	Shainy Borges	TyBcom		
12.	Masuma Uddin	TyBcom		
13.	Khushi D	TyBcom		
14.	Vansika	TyBcom		
15.	Khushi Sahian	TyBcom	F	
16.	Singh Amisho	SyBcom	F	
17.	Saneelcha S. Maskar	SyBcom	F	
18.	Sania Togle	SyBMS	F	
19.	Bhoomi Mishra	SyBMS	F	
20.	Riddhi Chauhan	SyCS	F	
21.	Mehar Shorey	SyBcom	F	
22.	Ketan Chavresiya	SyBMS	M	
23.	Ramesh Konde	SyBcom	M	
24.	Aminesh Mishra	SyBMS	M	
25.	Chaturresh Anvekar	SyBMS	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 Suwara Shende. Date: 21/06/25

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