



RAHUL COLLEGE OF EDUCATION

(N.C.T.E. Recg. No. WRC/5-6/89/2006 Dtd. 27/09/2006 CODE NO. APW03437/123403) AFFILIATED TO UNIVERSITY OF MUMBAI
AFF/RECOG.1/1249 OF 2007 Dtd. 28 Feb. 2007 | Recognized Under Section 2(f) of the UGC Act 1956 | COLLEGE CODE : 767

NOTICE

Date: 18th June 2024

Subject: International Yoga Day Celebration

All students and faculty members are hereby informed that Rahul College of Education will be celebrating International Yoga Day on 21st June 2024 at 9:00 AM to 10:30 am at Seminar Hall, Shree L. R. Tiwari Engineering College, to promote health and wellness through the practice of yoga. The event details are as follows:

Program Highlights:

1. Welcome and Introduction: Importance of yoga for physical and mental well-being.
2. Yoga Session: A 90-minute session led by Ms. Jignasa Pandya from Art of Living. The session will include asanas, pranayama (breathing exercises), and relaxation techniques suitable for all levels.
3. Interactive Segment: Participants can share their experiences and ask questions.

Dress Code:

- White T-shirts and track pants, or
- Kurtis with leggings (for female participants).

Instructions for Participants:

- Kindly assemble at the venue 10 minutes before the session begins.
- Bring a personal yoga mat or towel.
- Carry a water bottle for hydration.

Your active participation will make this event a great success. Let us come together to celebrate health, unity, and well-being through yoga.

Dr. Frances Vaidya

Principal,
Rahul College of Education

PRINCIPAL
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