



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
RAHUL COLLEGE OF EDUCATION
Shree L. R. Tiwari Educational Campus
Mira Road (E)



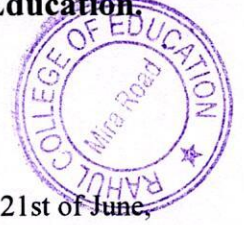
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Report on International Yoga Day Celebration at Rahul College of Education.

Date: 21st June 2024

Time: 9:00 AM to 10:30 AM



Rahul College of Education successfully celebrated International Yoga Day on the 21st of June, 2024. This event, held at the Seminar Hall of Shree L. R. Tiwari Engineering College, Mira Road, was a testament to our commitment to promoting health and wellness through the practice of yoga.

Program Highlights

1. Welcome and Introduction:

The event commenced with a brief introduction by the event organizers, highlighting the importance of yoga in maintaining both physical and mental well-being. Joint Secretary Smt. Krishna Tiwari also highlighted the benefits of regular yoga practice, including enhanced physical health, mental clarity, and relaxation, were emphasized.

2. Yoga Session:

The main highlight of the event was the 90-minute yoga session led by Ms. Jignasa Pandya from "Art of Living". The session included a series of asanas (yoga postures) suitable for all levels of experience, from beginners to advanced practitioners. Participants were guided through various breathing exercises (pranayama), stretching routines, and relaxation techniques. The instructor's expertise ensured that everyone could follow along and benefit from the exercises.

3. Interactive Segment:


Towards the end of the session, an interactive segment allowed participants to ask questions and share their experiences. The instructor provided personalized tips and advice, encouraging everyone to incorporate yoga into their daily routines.

4. Closing Remarks:

The event concluded with a short speech by a senior faculty member, who thanked the participants for their active involvement and emphasized the importance of making yoga a regular part of our lives. The collective energy and positive atmosphere created during the event were palpable, leaving everyone feeling refreshed and invigorated.

Participant Feedback

The feedback from participants was overwhelmingly positive. Many appreciated the opportunity to start their day with a rejuvenating yoga session and expressed a desire for more such events in

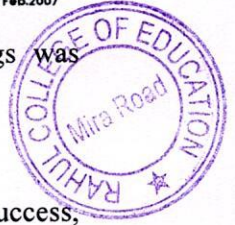

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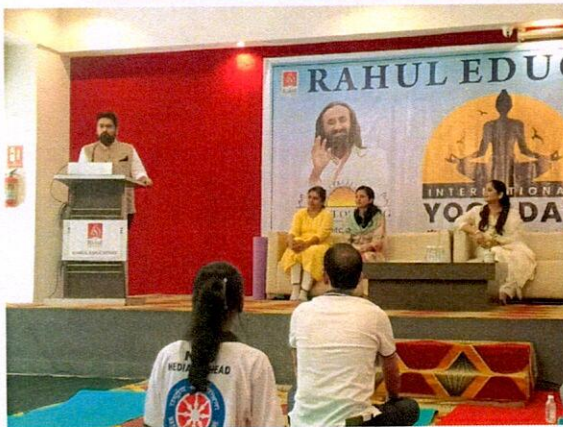
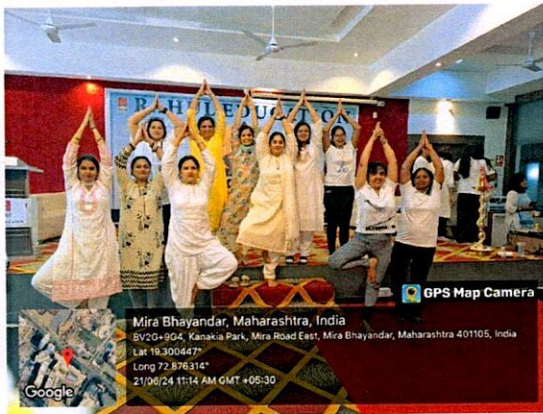
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the future. The dress code of white T-shirts and track pants or kurtis and leggings was well-received, adding to the event's sense of unity and purpose.



Conclusion

The International Yoga Day celebration at Rahul College of Education was a resounding success, bringing together faculty members in a shared pursuit of health and wellness. The event not only provided a platform for practicing yoga but also fostered a sense of community and collective well-being. We look forward to organizing similar events in the future, continuing our journey towards holistic health and wellness.



“Faculty and students together practice balancing poses, building concentration and inner stability”

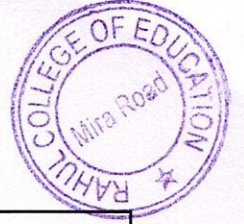

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YOGA DAY CELEBRATION Attendance Sheet



CLASS - F.Y.B'Ed (SEM 2)

DATE : 21/06/24

Sr. No.	Name of Student	Sign
1	ALOJ ALISHA ALFRED	<i>Aloj</i>
2	ALOJ CLAVIA NILRAJ	
3	ANSARI TOOBA MOHAMMED SHAHID	<i>TA</i>
4	CHAUDHARY RITU ARVIND	
5	D'SILVA LOYALA HENRY	<i>D'Silva</i>
6	DUBEY PRAGATI PRAMOD	<i>Pragati</i>
7	DWIVEDI ADITI DWIJENDRA	<i>Aditi</i>
8	DWIVEDI ANSHIKA KARUNAKAR	
9	GOND POOJA LAKHANDAR PRASAD	<i>Prasad</i>
10	GONSALVES DOLLITA GODFREY	<i>Dollita</i>
11	GUPTA MEENAKSHI JITENDRA	
12	JHA KANCHAN DILIP	<i>Kanchan</i>
13	KANSHETTY SANTOSHI BASAVRAJ	<i>SK</i>
14	KHAN AFEEFA ASIF JAMAL	
15	MISHRA SHRADDHA SATISH	<i>Shraddha</i>
16	MORE PRADNYA AMRATRAO	
17	NAIK PAYAL MILIND	
18	NUNES ZEENIA MACKLEEN	<i>Zeenia</i>
19	SAKAT VINOD BAJIRAO	
20	SAKUNDE SAMIKSHA VIKRAM	
21	SHAIKH NEHA AQEEL	<i>Neha</i>
22	SHAIKH SHAGUFTA IRSHAD	<i>Shaguf</i>
23	SHARMA RUBY MURLILAL	<i>Ruby</i>
24	SHARMA RUPALI HRIDESH	<i>Rupali</i>
25	SHARMA POOJA DINANATH	<i>Pooja</i>
26	SHETTY RANJINI PANDURANGA	<i>Ranjini</i>
27	SHUKLA MEENAKSHI SHESH DHAR	<i>Meenakshi</i>
28	SHUKLA ROSHNI SHIVKUMAR	<i>Roshni</i>
29	SINGH SUNITADEVI RANJEET	<i>Sunita</i>
30	VARANKAR TANVI UMESH	<i>Tanvi</i>
31	YADAV POONAM RAMMANI	<i>Poonam</i>
32	YADAV NAMRATA ISHWARDIN	<i>Namrata</i>
33	YADAV SUNITA SHILVANTAPRASAD	<i>Sunita</i>