



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: 17th June 2025

Subject: International Yoga Day Celebration

Dear All,

On the occasion of **International Yoga Day**, we are delighted to invite you to a special **Yoga and Meditation Session** organized at Shree L. R. Tiwari College of Engineering, Mira road, Seminar Hall on **Saturday, 21st June 2025**.

The session will be led by **Ms. Aaparna Askarkar Sharma**, a certified Yoga and Meditation Trainer (Patanjali Yog Peeth and Tattvam), who is committed to enhancing mental and emotional well-being through the transformative practice of yoga.

Session Details:

Date: Saturday, 21st June 2025

Time: 9:00 AM to 10:00 AM

Duration: 60 Minutes

Venue: Seminar Hall, Shree L. R. Tiwari College of Engineering


Dress Code:

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

Note: Kindly carry your own yoga mat for the session.

Let us come together in the spirit of health, mindfulness, and inner harmony. Your active participation will make this event truly special.

Warm regards,


Dr. Frances Vaidya
Principal

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

