



RAHUL COLLEGE OF EDUCATION

UGC Recognition under sec 2(f) of the UGC Act 1956 | N.C.T.E. Reg. No. WRC/5-6/89/2006 Dtd. 27/09/2006 Code No. APW03437/123403 Affiliated To University of Mumbai
AFF/RECOG. I/1249 of 2007 Dtd. 28 Feb. 2007 | NAAC Accredited with Grade "B++" (1st Cycle) | College Code: 767 | Hindi Linguistic Minority Institution



International Yoga Day Celebration Report

Date: Saturday, 21st June 2025

Time: 9:00am onwards

Venue: Seminar Hall

Introduction:

On the occasion of International Yoga Day, a special Yoga and Meditation Session was organized at Shree L. R. Tiwari College of Engineering on Saturday, 21st June 2025, in the college Seminar Hall. The event aimed to promote mental, emotional, and physical well-being through the practice of yoga, aligning with this year's global theme of health and harmony.

Objective of the Session:

- To celebrate International Yoga Day and raise awareness about the benefits of yoga.
- To promote holistic health and emotional balance through guided yoga and meditation practices..
- To motivate students and faculty to incorporate yoga into their daily routines.
- To foster a sense of inner harmony, focus, and mindfulness among participants.

Session Highlights:

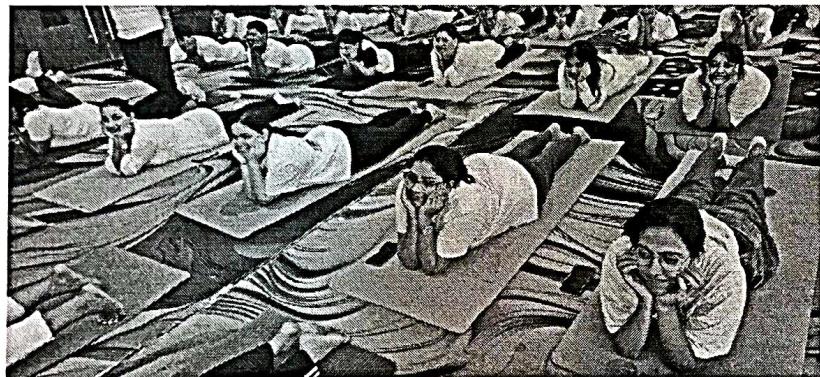
The session was conducted by Ms. Aaparna Askarkar Sharma, a certified Yoga and Meditation Trainer from Patanjali Yog Peeth and Tattvam. Known for her expertise and engaging approach, Ms. Sharma guided the participants through a 60-minute session focusing on:

- Breathing techniques (Pranayama)
- Foundational yoga asanas
- Guided meditation for mental clarity and relaxation
- Tips on integrating yoga into daily life

Outcomes Participants learned simple and effective yoga techniques for stress management and physical health.

- The session promoted awareness of the benefits of daily yoga and meditation practices.
- Many attendees expressed feeling relaxed, energized, and more focused after the session.
- The initiative strengthened the college's commitment to fostering wellness and a balanced lifestyle among its community members.

Conclusion: The International Yoga Day celebration at Shree L. R. Tiwari College of Engineering was a **meaningful and rejuvenating experience** for all participants. Under the expert guidance of Ms. Aaparna Sharma, the session successfully highlighted the significance of yoga in modern-day life. The event concluded with a note of gratitude to the trainer and a collective resolve to embrace yoga as a way of life.




PRINCIPAL
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