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RAHUL COLLEGE OF EDUCATION

UGC Recognition under sec 2(f) of the UGC Act 1956 | N.C.T.E. Reg. No. WRC/S-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 | 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:

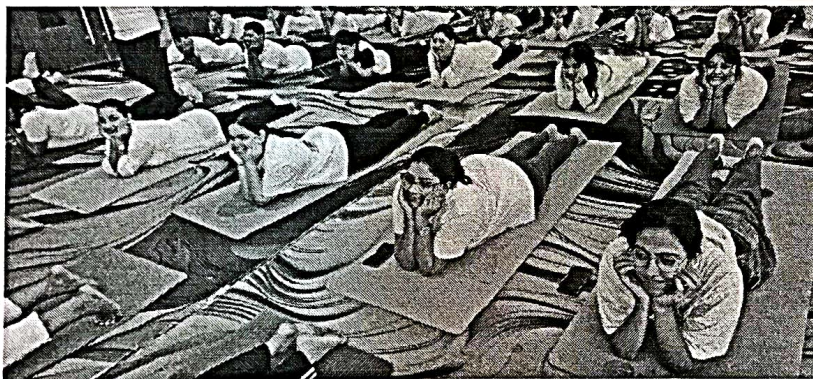
The session was conducted by **Ms. Aaparna Askarkar Sharma**, a certified Yoga and Meditation Trainer from **Patanjali Yog Peeth and Tattvam**. Known for her expertise and engaging approach, Ms. Sharma guided the participants through a 60-minute session focusing on:

- 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.




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