



RAHUL COLLEGE OF EDUCATION

(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.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)





RAHUL COLLEGE OF EDUCATION

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



International Yoga Day Celebration Report

Date: Saturday, 21st June 2025

Time: 9:00 AM – 10:00 AM

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:

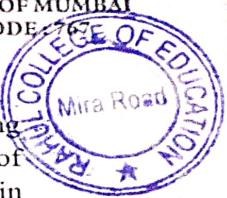
- Breathing techniques (Pranayama)
- Foundational yoga asanas
- Guided meditation for mental clarity and relaxation
- Tips on integrating yoga into daily life

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.

RAHUL COLLEGE OF EDUCATION

(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.1/1249 OF 2007 Dtd. 28 Feb. 2007 | Recognized Under Section 2(f) of the UGC Act 1956 | COLLEGE CODE 767



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

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



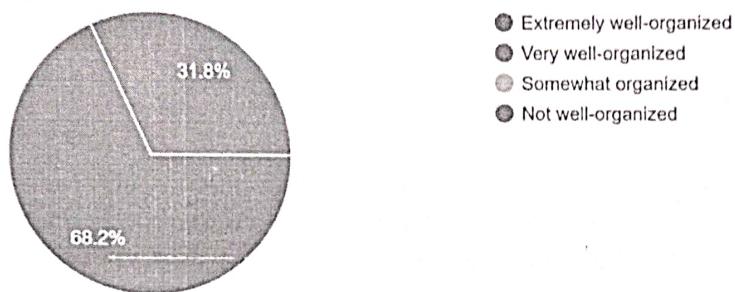


International Yoga Day 2025 Feedback

1. How would you rate your overall experience at the International Yoga Day event?

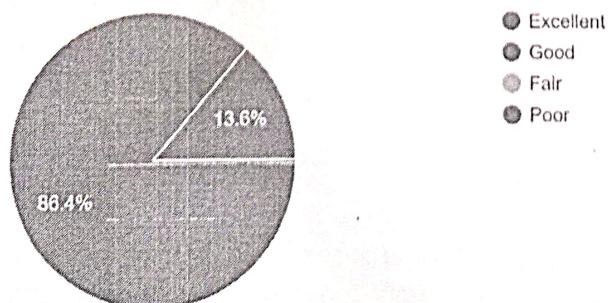
The feedback received for the International Yoga Day event reflects an overwhelmingly positive response from participants. Out of a total of 22 responses, 20 participants rated their overall experience as "Excellent," while only 2 rated it as "Good." This indicates that the vast majority of attendees were highly satisfied with the event, appreciating its organization, execution, and overall impact. The high number of "Excellent" ratings suggests that the event successfully met or exceeded the expectations of most participants, making it a well-received and commendable initiative.

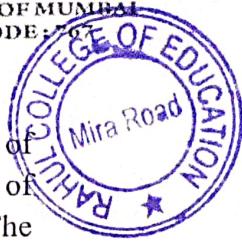
2. How well-organized did you find the event?



The responses indicate that the event was very well-received in terms of organization. Out of 22 participants, a majority described it as "Extremely well-organized", while the remaining rated it as "Very well-organized." This reflects a strong level of satisfaction with the planning and coordination of the event, highlighting its smooth and effective execution.

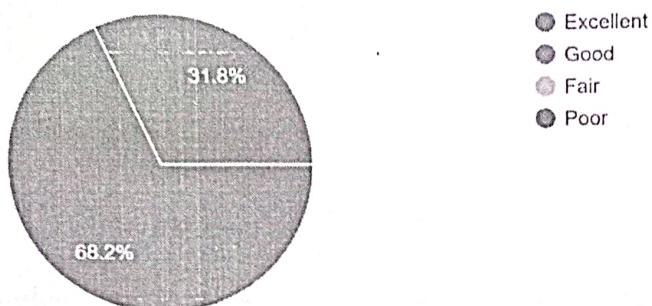
3. How would you rate the quality of the yoga session conducted?





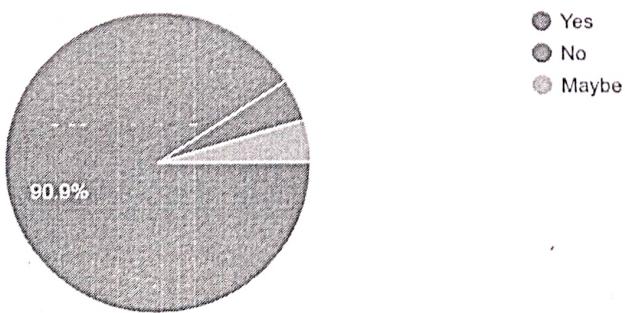
The quality of the yoga session conducted was rated very positively by the participants. Out of 22 responses, **19 rated it as "Excellent"** and **3 as "Good."** This indicates a high level of appreciation for the session, with most participants finding it highly effective and beneficial. The feedback suggests that the session met the expectations of the attendees in terms of content, delivery, and overall experience.

4. How would you rate the yoga instructor(s)?



The feedback on the yoga instructors was largely positive. Out of 22 responses, **14 participants rated the instructors as "Excellent"**, while **8 rated them as "Good."** This indicates that the majority found the instructors highly effective and professional, while others were generally satisfied with their performance. Overall, the instructors were well-received and contributed positively to the event experience.

5. Did you feel any positive physical and mental effects from participating in the yoga session?

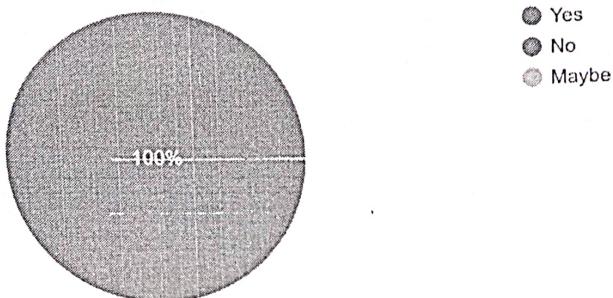


The majority of participants reported experiencing positive physical and mental effects from the yoga session. Out of 22 responses, **20 answered "Yes,"** indicating clear benefits, **1 responded**



"Maybe," and 1 responded "No." This suggests that the session was largely effective in promoting well-being, with most attendees feeling its positive impact on both body and mind.

6. Do you feel encouraged to participate in future yoga sessions or similar wellness activities?



The response to future participation in yoga sessions or similar wellness activities was overwhelmingly positive. All 22 participants answered "Yes," indicating strong enthusiasm and encouragement to engage in such activities again. This reflects the event's success in fostering interest and motivation for continued wellness practices among attendees.

7. Do you have any suggestions or improvements for future events?

The majority of participants had no suggestions for improvement, indicating a high level of satisfaction with the event. Most responses were variations of "No," along with positive remarks such as "It was amazing," "Very good and interesting session," and "Everything was good." A few constructive suggestions included conducting yoga sessions during PT lectures and using a speaker for better audibility. Overall, the feedback reflects appreciation for the event with minimal areas noted for enhancement.