



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. APW03437/124403 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

16.06.2026

NOTICE

Dear Learners,

This is to inform you that **Rahul Education** will celebrate the **International Yoga Day** on **Saturday 20th June 2026**, with a special **Yoga and Meditation Session** organized at **Shree L. R. Tiwari Education Campus, Mira Road**.

This meaningful initiative has been thoughtfully undertaken by our **Joint Secretary, Mrs. Krishna Tiwari**, who will grace the occasion and encourage the importance of holistic health and well-being.

The session will be conducted by experienced yoga instructors **Ms. Shanti Yadav, Ms. Vandana Singh and Ms. Bhavya Sonker** from **Patanjali Yoga Centre**:

These instructors are committed to promoting Physical Fitness, Mental Wellness, and Emotional Balance through the transformative practice of Yoga.

Session Details

Date: Saturday, 20th June 2026

Time: 9:00 AM to 10:30 AM

Venue: Shree L. R. Tiwari Education Campus, Mira Road

Dress Code: White

Important

*Attendance for this Yoga and Meditation Session is mandatory for all Students.

Dr. Frances Vaidya
Principal

