



Sainath Education Trust's
Rajiv Gandhi College
of Arts, Commerce, & Science, Vashi Navi Mumbai.
{Permanently Affiliated to University Of Mumbai}

NOTICE

Date: 14th June 2021

Dear Students and Faculties,

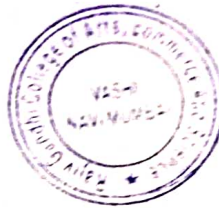
We are pleased to announce that the NSS (National Service Scheme) Unit of Sainath Education Trust's Rajiv Gandhi College of Arts, Commerce, and Science Vashi Navi Mumbai on occasion of **International Yoga Day** is organizing a Yoga Session on 21st June 2021. We invite all students, faculties and nonteaching-staff to participate wholeheartedly for this noble cause.

Event Details:

Date: 21st June 2021

Time: 9:30 AM to 11:00 AM

Venue: Assembly hall ground floor.



**IQAC 2021-22
ACTIVITY REPORT
NSS COMMITTEES**

IQAC ACTIVITY NO:

NAME OF THE ACTIVITY: Yoga Day Celebration			
DATE:	FACULTY:	DEPARTMENT/COMMITTEE:	COORDINATOR NAME:
21 st June 2021	1	NSS	Mr. Arun Vishwakarma Mr. Raju Rathod
TIME:	VENUE:	NUMBER OF PARTICIPANTS:	NATURE:OFFLINE
10.00a.m onwards	Auditorium	140	Offline
SUPPORT/ASSISTANCE:	Yogesh Thakur Archana Pandey		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO – III and V)



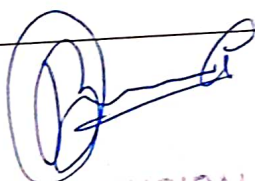
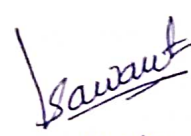
TOPIC/SUBJECT OF THE ACTIVITY	Yoga Day Celebration
OBJECTIVES	It provides an opportunity for individuals and communities to come together and experience the transformative effects of yoga. Through its global observance, it promotes the acceptance, recognition, and dissemination of yoga as a valuable tool for personal and societal harmony and health.
METHODOLOGY	Offline
OUTCOMES	Attach with Report
SUPPORT/ASSISTANCE:	Yogesh Thakur Archana Pandey



PROOFS & DOCUMENTS ATTACHED (TICK MARK THE PROOFS ATTACHED):

1. Notice & Letters ✓	2. Student's list	3. Activity report ✓	4. Photos ✓	5. Feedback Form
6. Feedback analysis	7. News clip with details			

IQAC CELL ACTIVITY NUMBER: _____

NAME OF TEACHER AND SIGNATURE	NAME OF HEAD/COMMITTEE INCHARGE & SIGNATURE	I/C PRINCIPAL SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
		 I/C PRINCIPAL Rajiv Gandhi College of Arts, Commerce & Sciences Vashi, Navi Mumbai - 401 703	 Co-ordinator Internal Quality Assurance Cell Rajiv Gandhi College of Arts, Commerce & Science Vashi, Navi Mumbai.





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of Arts, Commerce, & Science. Vashi Navi Mumbai.
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Activity: Yoga Day Celebration

Venue: Offline

Date & Time: 21st June 2021 at 10:00a.m onwards,

Platform: offline

Descriptive Report :-

Introduction:

On June 21, 2021, the Sainath Education Trust's Rajiv Gandhi College of Arts, Commerce, and Science Vashi, Navi Mumbai, organized a Yoga session aimed at promoting physical and mental well-being among its students and faculty members. The session was conducted by Mrs. Darshana Kanojia, a highly qualified Yoga Instructor & Naturopath. This event was organized jointly by the NSS (National Service Scheme) Unit and the Internal Quality Assurance Cell of the college.

Session Details:

Date: June 21, 2021

Time: 9:30 AM to 11:00 AM

Venue: The session was held in Assembly hall round floor of the college premises.

Participants

A total of 150 students and faculty members actively participated in this invigorating yoga session. This substantial turnout underscores the enthusiasm and commitment of the college community towards health and well-being.

Session Highlights:



Yoga Day Celebration

