



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

NOTICE

Date: 14th June 2022

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 2022. We invite all students, faculties and nonteaching-staff to participate wholeheartedly for this noble cause.

Event Details:

Date: 21st June 2022

Time: 9:30 AM to 11:00 AM

Venue: Assembly hall ground floor.




NSS Programme Officer

IQAC 2022-23
ACTIVITY REPORT
NSS COMMITTEE

IQAC ACTIVITY NO:

NAME OF THE ACTIVITY: International Yoga Day			
DATE:	FACULTY:	DEPARTMENT/COMMITTEE:	COORDINATOR NAME:
21 st June 2022	7	NSS Committee	Asst.Prof. Arun Vishwakarma Asst. Prof. Raju Rathod
TIME:	VENUE:	NUMBER OF PARTICIPANTS:	NATURE: OUTDOOR/INDOOR
9:30 AM to 11:00 AM	Assembly hall ground floor.	100	Indoor
SUPPORT/ASSISTANCE:	Asst.Prof. Archana Pandey Mr. Yogesh Thakur		

BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO - III, V and VI)


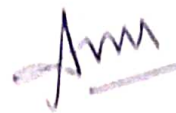


TOPIC/SUBJECT OF THE ACTIVITY	Yoga Day Celebration
OBJECTIVES	It provides an opportunity for individuals and communities to come together and experience the transformative effects of yoga. Through its global observance, it promotes the acceptance, recognition, and dissemination of yoga as a valuable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



PROGRAMS & DOCUMENTS ATTACHED (CHECK MARKS THE PROGRAMS ATTACHED)

1. Notice & Letters ✓	2. Student's list	3. Activity report ✓	4. Plan etc. ✓
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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 Rajy Gandhi College of Arts, Commerce & Sciences Vashi, Navi Mumbai - 401 203	 Co-ordinator Internal Quality Assurance Cell College of Arts, Commerce & Sciences Vashi, Navi Mumbai





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Report on Yoga Day Celebration

Activity: Yoga Day Celebration

Venue: Assembly hall round floor

Date & Time: June 21, 2022, , 9:30 AM to 11:00 AM

Participants:-150

NSS P.O. 1) Asst.Prof. Arun Vishwakarma
2) Asst. Prof. Raju Rathod

Introduction:

On June 21, 2022, 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, 2022

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 Asanas: The session included a series of yoga asanas (poses) that aimed at improving flexibility, strength, and overall well-being. Participants were guided through a range of postures suitable for individuals of all fitness levels.

Breathing Exercises: Mrs. Darshana Kanojia also introduced participants to the art of pranayama (breathing exercises). These exercises help in calming the mind, reducing stress, and improving lung capacity.

Meditation and Relaxation: The session concluded with a guided meditation and relaxation exercises, allowing participants to experience inner peace and mental clarity.

Outcomes:

The yoga session offered a multitude of benefits to the participants, including:

- Improved physical health, including flexibility and strength.
- Enhanced mental clarity and reduced stress.
- Greater awareness of the mind-body connection.
- Promotion of a healthy and balanced lifestyle.

Conclusion:

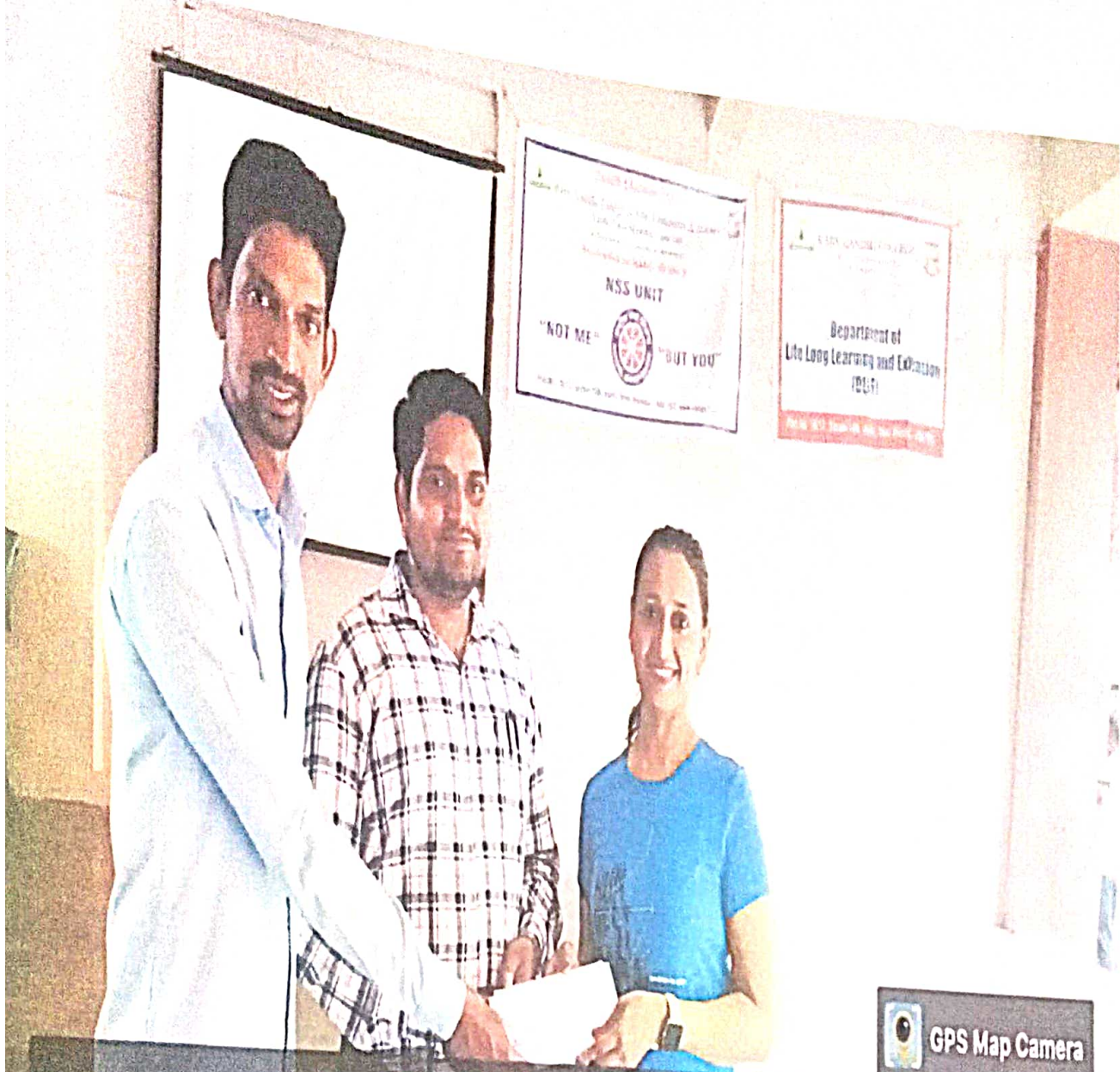
The Yoga session organized by the NSS Unit and the Internal Quality Assurance Cell of Sainath Education Trust's Rajiv Gandhi College of Arts, Commerce, and Science was a resounding success. The active participation of 150 students and faculty members demonstrates the importance of such initiatives in promoting holistic well-being within the college community.

We extend our gratitude to Mrs. Darshana Kanojia for her excellent guidance and expertise in conducting the session. We look forward to more such events in the future that contribute to the physical and mental well-being of our college community.



Yoga Day Celebration 2022-23





 GPS Map Camera

Navi Mumbai, Maharashtra, India

Rajiv Gandhi college of Arts, Commerce & science Sainath education trust vashi, Navi

Mumbai, Maharashtra 400703, India

Lat 19.071813°

Long 72.993019°

21/06/22 11:14 AM

