



R. J. COLLEGE of Arts, Science & Commerce (Empowered Autonomous)

(Hindi Vidya Prachar Samiti's RAMNIRANJAN JHUNJHUNWALA COLLEGE of Arts, Science & Commerce)

Opposite Ghatkopar Railway Station, Ghatkopar (West), Mumbai - 400086, Maharashtra, INDIA.

Website: www.rjcollege.edu.in • Email : rjcollege@rjcollege.edu.in • Tel No. + 91 22 25151763

College is recognized under Section 2(f) & 12(B) of the UGC Act, 1956

Affiliated to UNIVERSITY OF MUMBAI II NAAC Re-Accredited 'A' Grade (CGPA: 3.10)

Department of Philosophy, R. J. College organized an educational tour for three days to Kaivalyadham Yoga Institute, Lonavala and Nature Tour for knowing more of Philosophy of Yoga and Environmental Ethics respectively with SYBA and TYBA Philosophy students. Extremely thankful to my colleague Dr. Rina Pitale Puradkar. (20 students and 02 teachers participated in this tour) July 18-20, 2023.

Date: 30-06-2023

NOTICE

DEPARTMENT OF PHILOSOPHY

The Department organizes three day educational tour to Kaivalyadham, Lonavala from 18-20 July 2023. The tour is mainly based to inculcate among students the wisdom of Yoga and Environmental Ethics. The students are requested to intimate their parents and seek their permission. This tour is only for SY and TYBA Philosophy students.

Amita Valmiki

Dr. Himanshu Dawda
Principal

Himanshu Dawda

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OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)
Ghatkopar (W), Mumbai-400 086, Maharashtra, INDIA

Dr. Amita Valmiki
Head, Dept. of Philosophy

Rina Pitale Puradkar

Dr. Rina Pitale Puradkar
Dept. of Philosophy



2019: Star College Status by DBT

2008: Best College by University of Mumbai 2010: IMC RBNQ Award 'Performance Excellence' for the year 2009

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Report

Objective:

Yoga brings the body and mind together and is built on three main elements – movement, breathing and meditation. Yoga has many physical and mental health benefits including improved posture, flexibility, strength, balance, and body awareness. And Environmental ethics is imperative to the survival of humanity because, without these important discussions and proper use of both renewable and non-renewable resources, the world inherited by future generations will not be inhabitable. Without environmental ethics, the planet might not be inhabitable for human life.

Outcome:

The students were highly enlightened as they shared their experience as to how important is to have balanced body and mind functioning through practice of yoga. Even they realized to safe guard their environment so that the world lives in harmony and peace.



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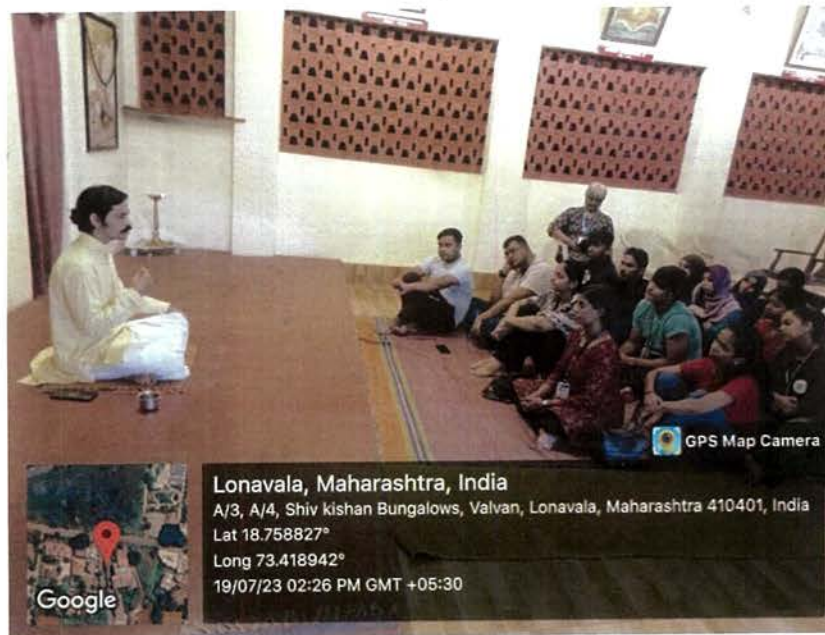
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Dr. Rina Pitale Puradkar and Dr. Amita Valmiki with students at Kaivalyadharm Yoga Institute, July 19, 2023



The Yoga Instructor at Kaivalyadharm Yoga Institute explaining Patanjali Yoga Sutras to students, July 19, 2023




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Students learning the importance of Environmental Ethics, July 18, 2023



Students and Teachers at Kaivalyadham Yoga Institute with the Administrator of the Institute Mr. Bernard Britto, July 19, 2023




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Name of the session: Educational Tour organized by Department of Philosophy at Lonavala
(for Environmental Ethics and Philosophy of Yoga [Kaivalyadham Yoga Institute])

Days: Tuesday to Thursday; Date: 18-19 July 2023; Time: Three days

Attendance

Sr. No.	Name	Class & Div.	Roll no.
1.	Dilshad Khan	TYBA/C	507
2.	Khushbu Prasad	SYBA/C	815
3.	Sneha Vishwakarma	SYBA/C	481
4.	Harsh Chirame	SYBA/C	440
5.	Yash Vetel	SYBA/C	501
6.	Mahimana Poojary	SYBA/B	221
7.	Varsha Jain	SYBA/B	704
8.	Aditya Kamble	TYBA/C	511
9.	Anshuman Dubey	TYBA/C	501
10.	Sankyukta Bhauke	SYBA/B	230
11.	Vikash Pandey	SYBA/C	503
12.	Bhaskar Dixit	TYBA/C	505
13.	Muskan Purohit	TYBA/C	502
14.	Tannushree Nadar	SYBA/C	410
15.	Sanika Uttekar	SYBA/C	440
16.	Mohini Pakhare	SYBA/C	540
17.	Fatima Malick	SYBA/C	489
18.	Surti Sharma	SYBA/C	490
19.	Ashmita Kotiyar	SYBA/C	412
20.	Surti Siddra	SYBA/C	488
21.	Dr. Amita Valmiki	Teacher	Philosophy
22.	Dr. Rina Pitale Puradkar	Teacher	Philosophy



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12.	Bhaskar Dixit	TYBA/C	505	
13.	Muskan Purohit	TYBA/C	502	
14.	Tannushree Nadar	SYBA/C	410 410	
15.	Sanika Uttekar	SYBA/C	440 404	
16.	Mohini Pakhare	SYBA/C	540	
17.	Fatima Malick	SYBA/C	489	
18.	Surti Sharma	SYBA/C	490	
19.	Ashmita Kotiyar	SYBA/C	412	
20.	Surti Siddra	SYBA/C	488	
21.	Dr. Amita Valmiki	Teacher	Philosophy	
22.	Dr. Rina Pitale Puradkar	Teacher	Philosophy	



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