



R. J. COLLEGE of Arts, Science & Commerce (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 Fax No: +91 22 25150957

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

Affiliated to UNIVERSITY OF MUMBAI || NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

Date: 16-06-2018

Notice

Department of Philosophy

Is organizing Yoga Session to celebrate International Yoga Day

On June 21, 2018 at 9.00 am to 10.00 am

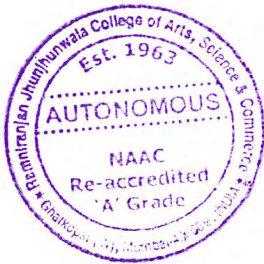
Venue: Seminar Hall

All are cordially invited.

Dr. Himanshu Dawda
Principal

Dr. Amita Valmiki
Head, Dept. of Philosophy

Dr. Rina Pitale Puradkar
Dept. of Philosophy



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

2019: Star College Status by DBT

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

2011: 'Best Teacher Award' by Government of Maharashtra 2013: DST-FIST 2014: DBT STAR College

2013 & 2014: 'Jagar Jaanivancha Award' by Govt. of Maharashtra 2016: ISO 14001:2015 2016: ISO 9001:2015 2017: ISO 27001:2013

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BROCHURE

Ramniranjan Jhunjunwala College of Arts, Science and Commerce (Autonomous)



Philosophy Association

Is organizing **Yoga Session** to celebrate International Yoga Day

On June 21, 2018 at 9.00 am to 10.00 am

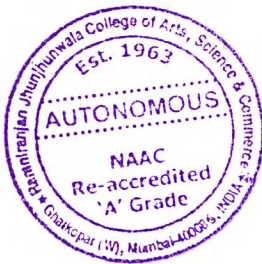
Venue: Seminar Hall


All are cordially invited.



Dr. Amita Valmiki
HOD, Dept. of Philosophy

Dr. Rina Pitale Puradkar
Assistant Prof., Dept. of Philosophy




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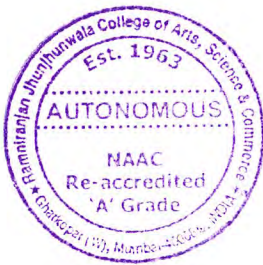
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REPORT

International Yoga Day, also known as **International Day of Yoga**, is a day to celebrate the Indian practice of yoga and to raise awareness about its importance. This day has been celebrated since 2014 and has been recognized by the UN General Assembly as an International Day of Recognition. Importance of International Yoga Day is to recognize and respect the practice of yoga was first made on 27th September 2014 by the Prime Minister of India, Narendra Modi at the UN General Assembly. It was he who proposed the date of this day as it falls in the Summer Solstice of the Northern Hemisphere. This day marks the beginning of the summer season and is also the longest day of the year. Afterwards on 11th December 2014, the United Nations declared 21st June as International Yoga Day. The proposal was approved by 175 member states. Yoga Day highlights the importance of Yoga and the benefits it has on our mind and soul. If practiced often, yoga can boost your energy level, help you maintain a healthy weight and improve your body posture. Participating in Yoga activities and meditation can help in enhancing your mental health.

The Department organized a workshop on Yoga, on June 21, 2018, to celebrate International Yoga Day. Dr. Rina Pitale Puradkar was a resource for the same. [03 students were benefited for the same [01 teachers were present]



Ushu

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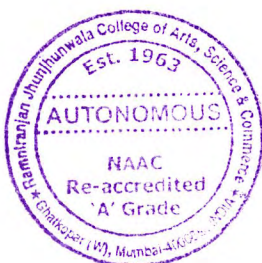
**STUDENTS DURING THE YOGA SESSION HELD ON INTERNATIONAL YOGA DAY HELD ON
21ST JUNE 2018**



**Students performing mediation during the session on International Yoga Day celebrated
on 21st June 2019**



Students performing Pawan Muktsan




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ATTENDANCE OF THE YOGA SESSION HELD ON INTERNATIONAL YOGA DAY HELD ON 21ST JUNE 2018

SURNAME	FIRST NAME	CLASS
ATHAWALE	SHATAVARI	SYBA
GUPTA	NANHELAL	SYBA
PASWAN	SIMRAN	SYBA

Students – 03

Teachers – 01



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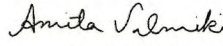
Certificate

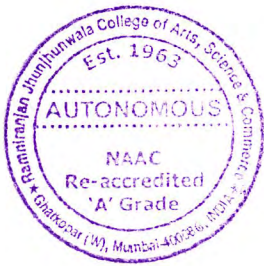


**HVPS's Ramniranjan Jhunjhunwala College
of Arts, Science and Commerce (Autonomous)**

*Department of Philosophy
&
Philosophy Association
CERTIFICATE*

*This to certify that Ms. Shatavari Athawale [SYBA Philosophy] attended the session
on Yoga organized by Philosophy Association to celebrate International Yoga Day con
June 21, 2018.*

 <p>Dr. Usha Mukundan Principal</p>	 <p>Dr. Amita Valmiki HOD, Dept. of Philosophy</p>
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