

Yoga Day Report 2022-2023

The Third International Day of Yoga was celebrated on June 21, 2022 by the National Service Scheme unit of S.P.D.T. College with great enthusiasm. Introductory and practice sessions of Yoga for the same were organized on June 21, 2022 in room No: 104.

Dr. Karuna Shinde started the session with breathing exercise, followed by meditation. During these sessions the participants were apprised of the concept of yoga and were briefed about its benefits. Various 'Yoga Asanas' and 'Pranayama' as stated in the Common Yoga Protocol (CYP) given by the Ministry of AYUSH were practiced. The sessions continued nearly for two hours starting from 8 am in the morning and were well attended both by teachers and students alike.

The event on 21st June, 2022 began at 8:00 am in Room No: 104 with a motivating address by the Principal, Dr. Trishla Mehta.

The participants were apprised about the importance of Yoga and the general guidelines for yoga practice were also enumerated. There were a total of Fifty participants including NSS volunteers and teaching faculty.

As directed by UGC, CYP was broadly followed during the session. The Yoga session commenced with recitation of a prayer which rejuvenated the souls and left a positive effect on mind, body and soul. This was followed by loosening exercises and different postures of Yogasanas, such as, 'Taadaasan', 'Vajrasana', 'Makaarasana' and 'Shavaasana', 'Kapalabathi', 'Bhrahmari Pranayama' and 'Dhyana' were also performed.

While the participants were performing these yoga exercises, they were simultaneously briefed about their benefits and the precautions to be observed. They were also advised to practice Yoga on a daily basis for their overall well-being.

The Yoga session came to an end with a 'Sankalpa' and 'Shanti patha'.

Trishla

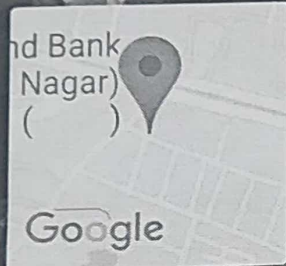
PRINCIPAL
SHRI RAJASTHANI SEVA SANGH'S
Smt. Parmeshwaridevi Durgadutt Tibrewala Lions Juhu
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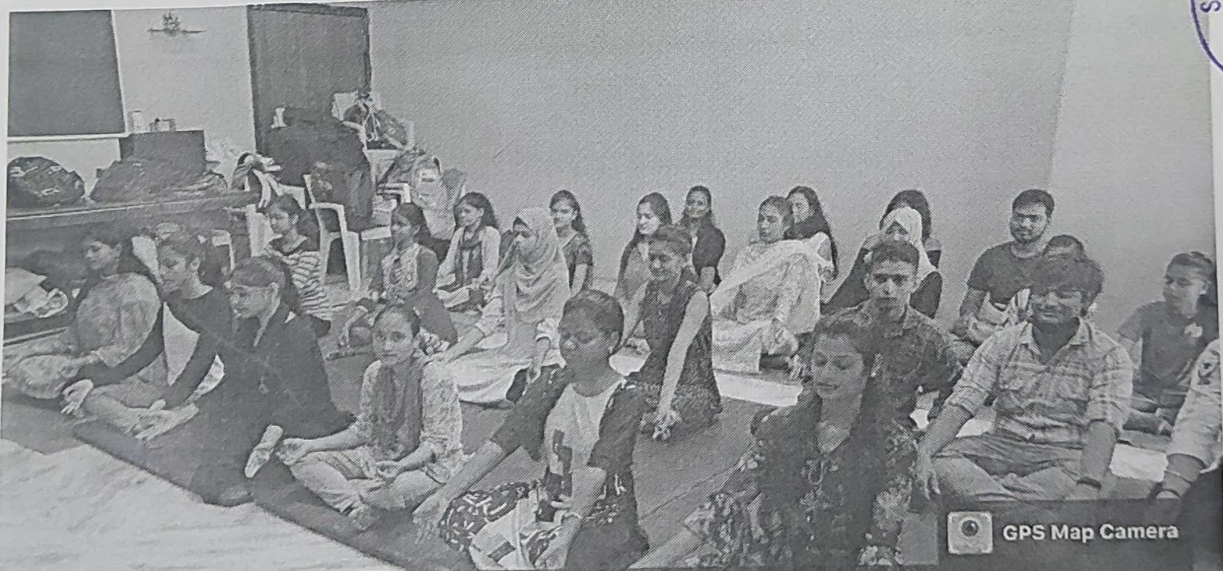
Yoga Day 21/06/2022



GPS Map Camera



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Mumbai, Maharashtra 400059, India
Lat 19.11109°
Long 72.867706°
21/06/22 10:39 AM



GPS Map Camera



Mumbai, Maharashtra, India
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Mumbai, Maharashtra 400059, India
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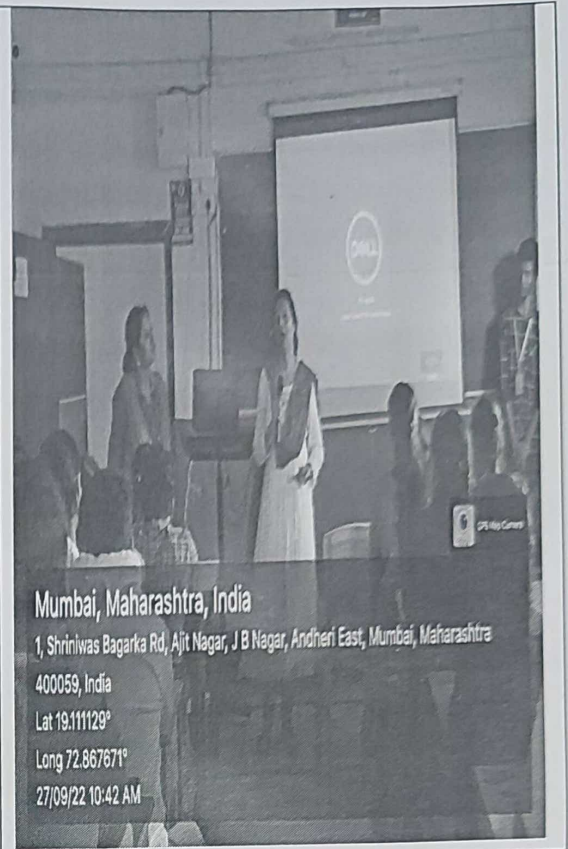
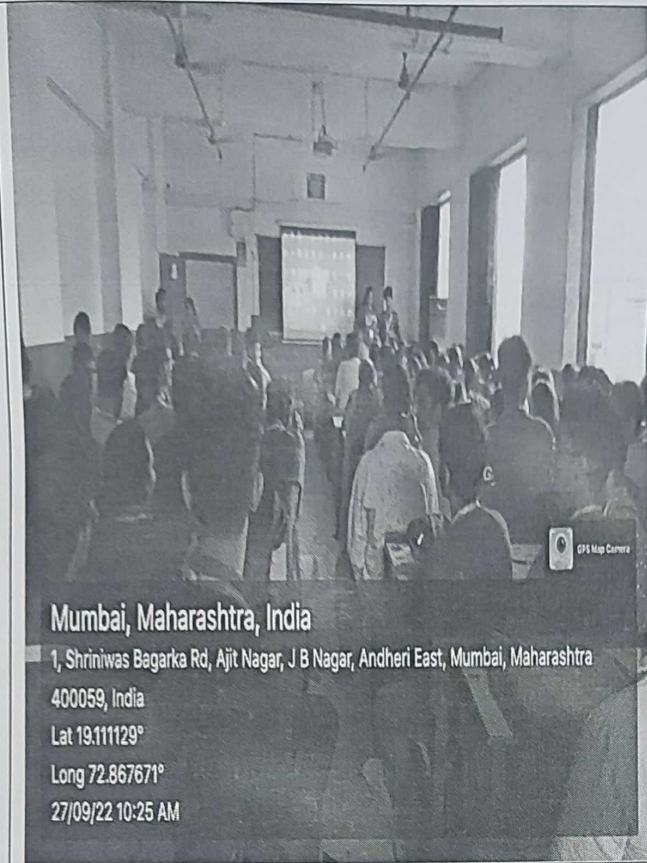
COLLEGE WOMEN DEVELOPMENT CELL ACTIVITIES 2022-23

- 1) College Women Development Cell has organised the workshop on “**Health and Hygiene**” for the female students on 3rd August 2022 at 9 am at the seminar hall 1. Dr Anjali Bhojani and Dr. Radhika Nayak were the resource person for the workshop. Dr. Anjali Bhojani has created awareness about the healthy living habits among the students which helped them understand the harmful effects of processed and fast food. Dr. Radhika Nayak has covered the basic hygiene practices to be followed by the female students during menstrual cycle. Nearly 100 students attended the workshop.



- 2) Lecture on Cyber Crime was taken by Mumbai Police Cyber Crime Preventive Department on 27/09/2022 for Students to create awareness about the crimes happening on social media websites like Facebook, Instagram and WhatsApp. API Ms. Gauri Vichare and her colleague PSI Ms. Sayali Talekar have explained about various techniques used by fraudsters for cyber crime.





3) **Sanitary Napkin Distribution Drive- I** was conducted by college in association with NIINE Foundation and Inner Wheel Club of Bombay Filmcity on 13th October 2022 at 10 am at Seminar Hall 1. This activity was conducted for the all the classes and more than 200 female students.





4) **Sanitary Napkin Distribution Drive-II** was conducted by college in association with NIINE Foundation and Inner Wheel Club of Bombay Filmcity on 4th March 2023 at 10 am at Seminar Hall 1. Dr Jayshree parikh, President of Innerwheel Club has visited the campus with Dr. Swati Desai and Dr. Aruna Swami to create awareness among students about hygiene. This activity was conducted for the all the classes and more than 300 female students took benefit of it.



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Nanda Indulkar
Dr. Nanda Indulkar