Tolani College of Commerce

150-151, Sher-E-Punjab Society, Guru Gobind Singh Road,
Andheri (E), Mumbai-400 093.

Celebration of International Day of Yoga

On

Friday, 21st June, 2019

The College celebrated “International Day of Yoga” by organising various activities to create awareness about the importance of yoga in our daily life. In an attempt to popularise yoga among the students, Principal Dr.Vijaya Krishna and other staff members participated in an early morning yoga session. This session was organised by Sports Director of the College- Dr.Nisar Hussain with the members of Gymkhana Committee. The session focussed on “Sahaj Yoga” which involved performing simple Asanas and Mudras. Importance of breathing and benefits of various Asanas were discussed in detail.

Vice-Principal of Degree College (Aided Section)- Ms. Shalini Hemanth Kumar, Vice-Principal of Degree College (Self- financing Section) -Dr.Vasudev Iyer and Vice-Principal of Junior College-Ms. Navjit Segue addressed the staff members and students to encourage them to make yoga a part of their daily routine.
Demonstration of ‘Sahaj Yoga’ at 7.15 a.m.
A special session was organised exclusively for students to enhance their knowledge about simple yoga and to improve their flexibility and focus. Demonstration was given. Students also learned the significance of right posture and breathing. This was followed by an interaction session.
Focus & Flexibility-Exclusive session for students
Details of Yoga Discipline & Asanas