



ISO Certified 9001-2015

SADHANA EDUCATION SOCIETY'S  
(Registered under society's act of 1960 & Bombay Public Trust Act 1950)  
Linguistic (Gujarati) Minority

## L. S. RAHEJA COLLEGE OF ARTS & COMMERCE

Estd : 1989

NAAC ACCREDITED B++ (3<sup>rd</sup> Cycle)

Relief Road, Santacruz (W), Mumbai - 400 054, Email: registrar@lsraheja.org  
Tel: 2660 9320 / 2661 4101, Website: www.lsraheja.org

Ref No.LSRC/Notice/2024-25/3196

Date 25<sup>th</sup> Sept 2024

### IMPORTANT NOTICE

#### Online Lectures for Yogic Asanas and Meditation

Dear Students of First Year Degree (Aided and Unaided),

We are pleased to inform all First Year Degree (Aided and Unaided) students who have opted for the Yogic Asanas and Meditation co-curricular course that online lectures will be conducted as per the following schedule:

- **Duration:** 1st October 2024 to 10th October 2024
- **Time:** 7:00 AM to 10:00 AM daily
- **Platform:** Microsoft Teams

Please note that the joining links for these sessions have been updated on your respective MS Teams accounts.

#### About Yogic Asanas and Meditation Course

This component includes structured sessions of Yogic Asanas and Meditation aimed at improving students' physical and mental well-being. The course has been organized into batches to ensure effective delivery and participation:

| Batch   | Course        |
|---------|---------------|
| Batch 1 | F.Y.B.A.F     |
|         | F.Y.B.B.I     |
|         | F.Y.B.F.M     |
|         | F.Y.B.Sc-IT   |
| Batch 2 | F.Y.B.A.M.M.C |
|         | F.Y.B.COM(MS) |
| Batch 3 | F.Y.B.COM-A   |
|         | F.Y.B.COM-B   |
| Batch 4 | F.Y.B.COM-C   |
|         | F.Y.B.A       |

Students are advised to attend sessions according to their assigned batches.

Specific timings for each batch will be communicated separately.

**About Co-curricular Courses:**

Co-curricular courses have been introduced as part of the National Education Policy (NEP) 2020 to promote holistic development of students. These courses aim to:

1. Enhance overall personality development
2. Promote physical and mental well-being
3. Cultivate life skills and values
4. Encourage creativity and critical thinking
5. Provide exposure to diverse fields beyond academic curriculum

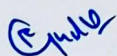
**Important Instructions:**

1. Ensure your MS Teams account is accessible. For login issues, contact the college technical team by 28th September 2024.
2. Attendance is mandatory and will be recorded for each session.
3. Be punctual and join the sessions on time.
4. Keep your video on and microphone muted unless instructed otherwise.
5. Dress appropriately and ensure a distraction-free environment during the sessions.
6. Follow the batch-wise schedule that will be communicated separately.

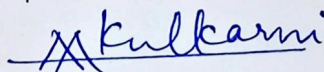
We encourage you to approach these sessions with enthusiasm and an open mind. The skills and knowledge gained through this course will contribute significantly to your personal growth and well-being.

For any queries, please contact the Co-Curricular Courses Committee.

Best regards,



Shri Ramsagar Yadav,  
Secretary,  
Co-Curricular Courses Committee



Prof. Dr. Akshata Kulkarni,  
Convener,  
Co-Curricular Courses Committee