

### ACTIVITY REPORT A.Y. 2024-2025

#### Part A) Information about Organizing Team

NAME OF THE ACTIVITY: International Yoga Day 2025			
ACTIVITY DATE	DEPARTMENT	COMMITTEE	COORDINATOR NAME
21 <sup>st</sup> June 2025	MMS & BMS	Academics	Dr. Kiran Naik
DURATION	VENUE	PARTICIPANTS (Nos)	NATURE: Outdoor/Indoor
1 day	Auditorium, Ground Floor, Raheja Education Complex	Total: 70 Students: 42 Teachers: 23 Non-Teaching: 5	Indoor
FACULTY SUPPORT:	1. Dr. Ashok Luhar	2. Dr. Kiran Naik	
	3. Dr. Nitin Sharma	4. Dr. Prasad Supekar	
	5. Mr. Amit Ashok Bansod	6. Mr. Pradeep Mali	
	7. Mr. Jaydeep Survase	8. Mr. Hemant Yadav	
	9. Ms. Chaitali Joshi	10. Mr. Abhishek Kate	
STUDENT SUPPORT:	A. Mr. Sparsh Gupta	B. Mr. Mohit Sawant	
	C. Mr. Rohit Yadav		

#### Part B) Brief Information about the Activity

TOPIC OF THE ACTIVITY	International Yoga Day – “Yoga for One Earth, One Health” (Academic Year- 2024-2025)
OBJECTIVES	<ul style="list-style-type: none"> <li>To raise awareness about personal well-being with the help of Yoga.</li> <li>To promote yoga as a holistic approach to physical, mental, and emotional wellness.</li> <li>To encourage students, faculty, and staff to incorporate mindfulness and sustainability into their daily lives.</li> <li>To foster unity across departments through a shared wellness activity.</li> </ul>
METHODOLOGY	<ul style="list-style-type: none"> <li>The session began with a short introduction to the significance and philosophy of yoga by the expert instructor, Mr. Ishank Raghupate from The Art of Living.</li> <li>Participants engaged in guided meditation, breathing techniques (Pranayama), and yoga postures (Asanas).</li> <li>Emphasis was placed on mindfulness, balance, and the role of regular practice in achieving inner and outer harmony.</li> <li>The session was inclusive and beginner-friendly, ensuring accessibility for all levels of experience.</li> </ul>
OUTCOMES	<ul style="list-style-type: none"> <li>Enhanced awareness of yoga as a tool for stress management and holistic health.</li> </ul>



For Sheila Raheja School of Business Management & Research

  
Director

	<ul style="list-style-type: none"> <li>Positive feedback from participants, with many expressing interest in continuing yoga practice.</li> </ul>
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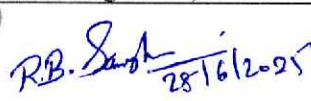
**Part C) Proofs & Documents Attached (Tick mark the proofs attached):**

1. Directions by Authority	6. Activity Report	11. Account Settlement
2. Proposal Note	7. Brief Profile Guest	12. News Material
3. Approval Letter	8. Attendance Gender/Sem/Course	13. Feed Back Report
4. Notice & Schedule	9. Certificate	14. Any Other
5. Organising Committee	10. Geotag Photographs	

**Part D) Social Media:**

Web Site Signature & Date		LinkedIn Signature & Date		Instagram Signature & Date		You Tube Signature & Date	
DOS	DOP	DOS	DOP	DOS	DOP	DOS	DOP
20 <sup>th</sup> June 2025	20 <sup>th</sup> June 2025	-	-	24 <sup>th</sup> June 2025	24 <sup>th</sup> June 2025	-	-

**Part E) IQAC Cell:**

Name & Signature of Coordinator	Name & Signature of Director	IQAC Documentation	IQAC coordinator (seal & signature)
		Total No of Pages 31	 RB. Sankh 28/6/2025



For Sheila Raheja School of Business Management &amp; Research

  
Director





Bombay Suburban Art & Craft Education Society's

**SHEILA RAHEJA SCHOOL OF BUSINESS MANAGEMENT AND RESEARCH**

Raheja Education Complex, Kher Nagar, Opp. Chhatrapati Shivaji Maharaj Ground, Bandra (E), Mumbai - 400 051

(Approved by AICTE, DTE, Affiliated to University of Mumbai, ISO 9001:2015 Certified and NAAC Accredited)

**Inter-Office Memorandum**

**Ref No: SRBS/DO/2024-25/134**

**To : Shri Ganesh Deshpande**  
**From : Mr. Amit Bansod (Program Coordinator)**

**June 17, 2025**  
**Through: Director**

**Subject: Booking of Auditorium for Celebration of Yoga Day on 21st June 2025.**

All the three institutes of Raheja Education complex propose to organize a Celebration of Yoga Day for its students & faculties. The event is scheduled for 21st June 2025.

Requesting you to book Auditorium (Ground Floor) from 08.00 am to 12.00 noon on 21st June 2025 (Saturday), where students & faculty members, 100-150 people will participate in the said event. The event will start at 9.00 am in the morning, but for arrangement the auditorium would be accessed from 08.00 am onwards.

**Dr. Vaikhari Patil**  
**MMS Program Head**

**Mr. Amit Ashok Bansod**  
**MMS Program Coordinator**

**Dr. Harish Kumar S. Purohit**  
**Director**

**CC: - Security, Raheja Education Complex.**

**CC: - Mr. Ghanshyam Khanal (Maintenance Department)**

*Booked for 21/06/25*

*[Signature]*  
*17/06/25*

*Noted*

*17/06/25*

*[Signature]*

*Ranchar*

*17/6/25*



**For Sheila Raheja School of Business  
Management & Research**

*[Signature]*  
**Director**





# International YOGA DAY



**SATURDAY**  
21<sup>st</sup> JUNE 2025



**TIME**  
9:00 AM - 10:30 AM



**Auditorium, Raheja Education Complex**  
For Shella Raheja School of Business  
Management & Research



Director



### Activity Report

**Topic:** International Yoga Day: “Yoga for One Earth, One Health”

**Date:** 21<sup>st</sup> January 2025

**Time:** 9am – 10.30 am

**No. of Participants:** Students: 37, Faculty: 22, Non-Teaching: 4

**Venue:** Auditorium, Raheja Education Complex

#### **Objectives**

- To raise awareness about personal well-being with the help of Yoga.
- To promote yoga as a holistic approach to physical, mental, and emotional wellness.
- To encourage students, faculty, and staff to incorporate mindfulness and sustainability into their daily lives.

To foster unity across departments through a shared wellness activity. The 2025 International Yoga Day theme, “**Yoga for One Earth, One Health,**” emphasizes the inseparable bond between individual wellness and planetary well-being. It reminds us that the health of humanity and the health of the Earth are intrinsically linked.

In alignment with this meaningful theme, Sheila Raheja School of Business Management and Research (SRBS), Sheila Raheja Institute of Hotel Management (SRIHM), and L. S. Raheja School of Architecture (LSRSA) came together to observe International Yoga Day 2025 through a joint yoga session held on 21<sup>st</sup> June 2025, at the Raheja Education Complex – Ground Floor Auditorium, from 9:00 ~~AM~~<sup>am</sup> to 10:30 am.

The session was conducted by seasoned yoga practitioner **Mr. Ishank Raghupate**, from The Art of Living who guided attendees through an enriching sequence of practices. Beginning with a brief introduction to the essence and principles of yoga, Mr. Raghupate elaborated on how it nurtures physical strength, mental clarity, and spiritual grounding.

Participants engaged in:

- **Meditation** – to quiet the mind and promote mental peace.
- **Pranayama** (breathing techniques) – to enhance focus and improve lung capacity.
- **Asanas** (yoga postures) – to build flexibility, balance, and overall body awareness.

Throughout the session, the emphasis was on mindfulness and regular practice. Mr. Raghupate, from Art of Living, encouraged participants to incorporate yoga into their daily routines as a means to reduce stress, increase self-awareness, and foster a balanced lifestyle. The session drew enthusiastic participation from 63 individuals, including students, faculty members, and staff from all our institutions. Dr. Harish Kumar S. Purohit, Director of SRBS, set a commendable example through his active engagement in the session, reinforcing the value of yoga in leadership and life. The event was expertly coordinated by Dr. Kiran Naik, whose planning and organizational efforts ensured a smooth and impactful experience for all attendees.

For Sheila Raheja School of Business  
Management & Research

  
Director





By embracing the theme “Yoga for One Earth, One Health,” the institutions not only celebrated the timeless practice of yoga but also reinforced their commitment to holistic education, sustainable living, and global harmony.

### Key Learnings

- Enhanced awareness of yoga as a tool for stress management and holistic health.
- Positive feedback from participants, with many expressing interest in continuing yoga practice.

### Yoga day conducted on 21<sup>st</sup> June 2025



Dr. Kiran Naik  
Asst. Prof.



For Sheila Raheja School of Business Management & Research

Pg 2 of 2

Director



### **Profile of the Yoga Instructor: Mr. Ishank Raghupate**

He is a distinguished academician with a deep-rooted passion for Physics, Astronomy, and holistic well-being. With an impressive career spanning over thirteen years at the Parle Tilak Vidyalaya Association's Sathaye College, he served as a Lecturer in Physics, where he played a pivotal role in shaping young scientific minds. During his tenure, he was known not only for his thorough subject knowledge but also for his unique teaching style that combined conceptual clarity with real-world applications. His ability to simplify complex physics theories and make them relatable to students earned him immense respect and admiration from both students and peers.

He holds a master's degree in Astronomy and Astrophysics from the University of Mumbai, which he completed between 2009 and 2011. This academic pursuit was driven by his lifelong curiosity about the universe and its mysteries. As a subject matter expert in Astronomy and Astrophysics, he has conducted numerous sessions and lectures, inspiring students to explore the wonders of space science. His specialization in this field brought a unique dimension to the Physics department at Parle Tilak Vidyalaya Association's Sathaye College, allowing students to delve deeper into topics that are not usually a part of the conventional curriculum. He also guided various student projects, mentored research work, and actively participated in academic conferences and seminars related to astrophysics.

Apart from his academic excellence, he is a strong advocate of integrating mental, physical, and spiritual well-being into everyday life. His interest in Yoga and Meditation is not merely a hobby, but a way of life that he practices and promotes. Over the years, he has been actively involved in promoting yoga awareness among students and faculty members alike. His association with Sathaye College extended beyond the classroom, as he played a key role in organizing and participating in International Yoga Day celebrations at the institute. Through these events, he emphasized the importance of mindfulness, stress management, and holistic health, which he believes are essential for the overall development of students in today's fast-paced academic environment.

His holistic approach to education—where science meets spirituality—has made him a unique and valuable educator. He firmly believes that the study of the universe and the pursuit of inner peace are deeply interconnected. By combining rigorous scientific training with the discipline of yoga and meditation, he has inspired many to seek balance in their intellectual and personal lives.



**For Sheila Raheja School of Business  
Management & Research**

  
**Director**

# ACADEMIC YEAR: 2024 - 2025

## International Yoga Day

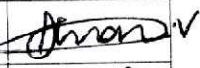

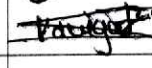

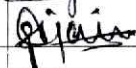





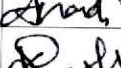
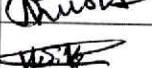
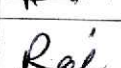

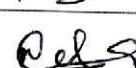
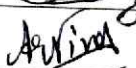
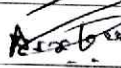


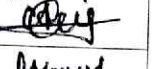
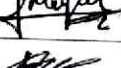

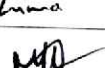

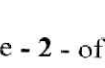
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Time: 9:00 am onwards

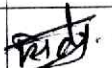
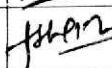
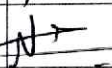

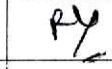
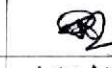
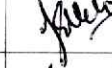
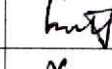
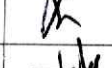

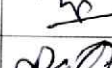
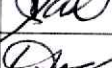

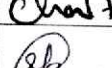




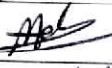

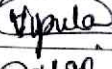
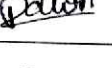
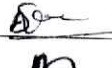
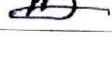
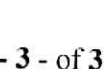
Venue: Auditorium, Raheja Education Complex

Sr. No.	Name of the Student	Contact Number	Institute Name	Roll No.	Year & Program	Sign
1	ATTI PATIL	7385741989	LSR SOA	B-14	S.Y.B. ARCH	<i>Atti</i>
2	ANUSHKA WADEKAR	9321314774	LSR SOA		F.Y.B. VOC	<i>Anushka</i>
3	MADHURA M SAWANT	9821982400	LSR SOA	B. ARCH	STAFF	<i>Jyoti</i>
4	MARIA REGO	9920838797	LSR SOA	B. ARCH	STAFF	<i>Maria</i>
5	BHAVESH WAKCHAURE	9403949470	LSR SOA	B. Arch	SY. BARCH	<i>BW</i>
6	Sameer S. Gonde	9867560804	SR IHM		Staff	<i>Sh</i>
7	Selwyn Rodrigues	9821305057	SR IHM	-	Faculty	<i>SP</i>
8	Shanya Kulkarni	9022203259	LSR SOA	<del>SY B Arch</del>	SY B Arch	<i>Sh</i>
9	Shreejita Vikas	9821143653	SR IHM	-	Faculty	<i>Sh</i>
10	Rahul Butre	989267529	SRBS	8	Staff	<i>Sh</i>
11	Shania Gracias	9511837283	LSR SOA	-	SY BARCH	<i>Sh</i>
12	TANVI SHAH	9321999087	LSR SOA		SY BARCH	<i>Sh</i>
13	PRASHANTHA GUPTA	9707999415	LSR SOA		SY BARCH	<i>Sh</i>
14	Palak Gesevani	8999785700	LSR SOA		F.Y.B.VOC	<i>Sh</i>
15	Dhaneshree Mangela	8780660461	LSR SOA		F.Y.B.VOC	<i>Sh</i>
16	Meenaksha Kashyap	9864033347	LSR SOA	A-35	S.Y.B.Arch	<i>Sh</i>
17	Dhanishka Kamble	9152804768	LSR SOA	-	F.Y.B.VOC	<i>Sh</i>
18	Sambodhi Hiray	7559360196	LSR SOA	A-25	SY BARCH	<i>Sh</i>
19	Sahil Kazi	9004745713	LSR SOA		F.Y.B.VOC	<i>Sh</i>
20	Dr. Anjali Pal	8108635210	LSR SOA		Faculty	<i>Sh</i>



Sr. No.	Name of the Student	Contact Number	Institute Name	Roll No.	Year & Program	Sign
21	Aman Vshwakarma	2045273335	L.S.R.S.A		F.Y.BVOC	
22	Mehraj Shalkh	9311450349	L.S.R.S.A		F.Y.BVOC	
23	Krishna Janigoter	976945985	L.S.R.S.A		F.Y.BVOC	
24	Dijo Jain	9372225135	L.S.R.S.A		F.Y.BVOC	
25	Shruti Jain	8689968065	LSR SA		F.Y.BVOC	
26	Bhriti Talwar	9930302796	SRIMH		TYBACA	
27	Amey Patel	9649576792	SR2HM		TYBACA	
28	Manpreet Parmgadia	8433662396	SRIMH		TYBSC	
29	Muxaa Chokla	9784761951	SRBS		TYBMS	
30	Shruti Dewankhkar	7208340365	SRIMH		SYBSC	
31	Anandi A Mihra	8591594500	SRIMH		SYBSC	
32	Khushi Korse	7208154491	SRBS		TYBMS	
33	Harshita S. Kotian	8667821951	SRIMH		TYBSC	
34	Raj Jain	8591701231	L.S.R.S.A		F.Y.BVOC	
35	Ayushman Jalui	7710892204	LSR SA		F.Y.BVOC	
36	Neel Gualati	9136100791	L.S.R.S.A		F.Y.BVOC	
37	PRVIND Suthar	7976650003	LSR.S.A		F.Y.BVOC	
38	Armaan Khan	9167367806	SRIMH		TYBSC	
39	Sharadul Desai	9159442367	SRIMH		TYBMS	
40	Prathamesh Dharamade	9004309088	L.S.R.S.		F.Y.BVOC	
41	Ali Chougale	7249241512	L.S.R.S.		F.Y.BVOC	
42	Mayank Kothari	8591568443	L.S.R.S.A		T.Y.B.ARM	
43	Kaay Nagpal	7055524532	SRIMH		S.Y.BSC	
44	HIMANGSU MANNA	8420898551	L.S.R.S.		F.Y.BVOC	
45	MAURYA SHEKAV	9828080669	L.S.R.S.A		ARCHITECT	



Sr. No.	Name of the Student	Contact Number	Institute Name	Roll No.	Year & Program	Sign
46	Siddhi B. Shirsat	8329086882	LSRSA		Faculty B.Voc	
47	Dr. Ashok S. Lyhar	7021817827	SRBS		Faculty	
48	Dr. Nitin Sharma	971347747	SRBS		Faculty	
49	Dr. Prasad M. Supren	8454817251	SRBS		Faculty	
50	Rajnish R. Yadav	9372270188	SRBS		Faculty	
51	Jaydeep P. Survase	8652427076	SRBS		Faculty	
52	Pradeep mali	7021009113	SRBS		Faculty	
53	Hemant yadav	8652190428	SRBS		Faculty	
54	P. K. Man Naik	7021710910	SRBS		Faculty	
55	Rashika Haral	9561087575	LSRSA		Batch Faculty	
56	Dr. Harish Kumar Pundarik	9930266618	SRBS		Director	
57	Ar. MANDAR V. PARAB	9820122398	LSRSA		Principal	
58	Comrad John Dsouza	9619408123	SRHM		Principal	
59	Charali Joshi	9372206521	SRBS		Faculty	
60	Saman Khan	9833126365	SRBS		T-IBMS	
61	Spansh Gupta	8452819445	SRBS		T-IBMS	
62	Swaraj Surve	9869674284	SRBS		T-IBMS	
63	Rachmit Shetye	8446139534	SRBS		T-IBMS	
64	Rahul Nair	8999723752	SRBS		T-IBMS	
65	Abhishek Kate	9869270888	SRBS		Faculty	
66	Amit Ashok. Ramod	7498054722	SRBS		Faculty	
67	Vipula. K.	7806922820	SRBS		Non-Teaching	
68	Ramchandra Dalvi	9867969713	SRBS		Non-Teaching	
69	Sumit A. pandore	9619445612	SRBS		Non-Staff	
70	Mouhal J. Padayar	9029337744	SRBS		Non-Teaching	





# CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

**Dr. Prasad Supekar**

For Sheila Raheja School of Business  
Management & Research



  
Director

has successfully participated in the International Yoga Day on 21<sup>st</sup> June 2025  
organised by Sheila Raheja School of Business Management & Research in  
association with The Art of Living (Resource Person: Mr. Ishank Raghupate), L.S.  
Raheja School Of Architecture and Sheila Raheja Institute of Hotel Management

Mr. Kiran Naik  
Faculty In-Charge



Dr. Harish Kumar S. Purohit  
Director





# CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

**Mr. Jaydeep Survase**

for Sheila Raheja School of Business  
Management & Research



Director

has successfully participated in the International Yoga Day on 21<sup>st</sup> June 2025  
organised by Sheila Raheja School of Business Management & Research in  
association with The Art of Living (Resource Person: Mr. Ishank Raghupate), L.S.  
Raheja School Of Architecture and Sheila Raheja Institute of Hotel Management

Mr. Kiran Naik  
Faculty In-Charge



Dr. Harish Kumar S. Purohit  
Director





# CERTIFICATE OF PARTICIPATION

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For Sheila Raheja School of Business  
Management & Research

**Mr. Pradeep Mali**



has successfully participated in the International Yoga Day on 21<sup>st</sup> June 2025  
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association with The Art of Living (Resource Person: Mr. Ishank Raghupate), L.S.  
Raheja School Of Architecture and Sheila Raheja Institute of Hotel Management

Mr. Kiran Naik  
Faculty In-Charge



Dr. Harish Kumar S. Purohit  
Director





# CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

**Mr. Hemant Yadav**

For Sheila Raheja School of Business  
Management & Research



Director

has successfully participated in the International Yoga Day on 21<sup>st</sup> June 2025  
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Raheja School Of Architecture and Sheila Raheja Institute of Hotel Management

Mr. Kiran Naik  
Faculty In-Charge



Dr. Harish Kumar S. Purohit  
Director





# CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

**Ms. Chaitali Joshi**

For Sheila Raheja School of Business  
Management & Research



Director

has successfully participated in the International Yoga Day on 21<sup>st</sup> June 2025  
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association with The Art of Living (Resource Person: Mr. Ishank Raghupate), L.S.  
Raheja School Of Architecture and Sheila Raheja Institute of Hotel Management

Mr. Kiran Naik  
Faculty In-Charge



Dr. Harish Kumar S. Purohit  
Director





# CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

**Mr. Amit Bansod**

for Sheila Raheja School of Business  
Management & Research



Director

has successfully participated in the International Yoga Day on 21<sup>st</sup> June 2025  
organised by Sheila Raheja School of Business Management & Research in  
association with The Art of Living (Resource Person: Mr. Ishank Raghupate), L.S.  
Raheja School Of Architecture and Sheila Raheja Institute of Hotel Management

Mr. Kiran Naik  
Faculty In-Charge



Dr. Harish Kumar S. Purohit  
Director





# CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

**Ms. Vipula Kamble**

For Sheila Raheja School of Business  
Management & Research



  
Director

has successfully participated in the International Yoga Day on 21<sup>st</sup> June 2025  
organised by Sheila Raheja School of Business Management & Research in  
association with The Art of Living (Resource Person: Mr. Ishank Raghupate), L.S.  
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Mr. Kiran Naik  
Faculty In-Charge



Dr. Harish Kumar S. Purohit  
Director





# CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

**Mr. Ramchandra Dalvi**

for Sheila Raheja School of Business  
Management & Research

  
Director

has successfully participated in the International Yoga Day on 21<sup>st</sup> June 2025  
organised by Sheila Raheja School of Business Management & Research in  
association with The Art of Living (Resource Person: Mr. Ishank Raghupate), L.S.  
Raheja School Of Architecture and Sheila Raheja Institute of Hotel Management



Mr. Kiran Naik  
Faculty In-Charge



Dr. Harish Kumar S. Purohit  
Director





# CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

**Mr. Sparsh Gupta**

Fur Sheila Raheja School of Business  
Management & Research



Director

has successfully participated in the International Yoga Day on 21<sup>st</sup> June 2025  
organised by Sheila Raheja School of Business Management & Research in  
association with The Art of Living (Resource Person: Mr. Ishank Raghupate), L.S.  
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Mr. Kiran Naik  
Faculty In-Charge



Dr. Harish Kumar S. Purohit  
Director





# CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

**Ms. Khushi Sharma**

has successfully participated in the International Yoga Day on 21<sup>st</sup> June 2025  
organised by Sheila Raheja School of Business Management & Research in  
association with The Art of Living (Resource Person: Mr. Ishank Raghupate), L.S.  
Raheja School Of Architecture and Sheila Raheja Institute of Hotel Management

For Sheila Raheja School of Business  
Management & Research

  
Director





Mr. Kiran Naik  
Faculty In-Charge





Dr. Harish Kumar S. Purohit  
Director



# CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

**Mr. Harsh Pandey**

For Sheila Raheja School of Business  
Management & Research



Director

has successfully participated in the International Yoga Day on 21<sup>st</sup> June 2025  
organised by Sheila Raheja School of Business Management & Research in  
association with The Art of Living (Resource Person: Mr. Ishank Raghupate), L.S.  
Raheja School Of Architecture and Sheila Raheja Institute of Hotel Management

Mr. Kiran Naik  
Faculty In-Charge



Dr. Harish Kumar S. Purohit  
Director





# CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

**Mr. Shivam Gupta**

has successfully participated in the International Yoga Day on 21<sup>st</sup> June 2025  
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association with The Art of Living (Resource Person: Mr. Ishank Raghupate), L.S.  
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For Sheila Raheja School of Business  
Management & Research



Director

Mr. Kiran Naik  
Faculty In-Charge



Dr. Harish Kumar S. Purohit  
Director



# CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

**Ms. Merry Jane**

For Sheila Raheja School of Business  
Management & Research



Director

has successfully participated in the International Yoga Day on 21<sup>st</sup> June 2025  
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Mr. Kiran Naik  
Faculty In-Charge



Dr. Harish Kumar S. Purohit  
Director





# CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

**Mr. Swaraj Surve**

For Sheila Raheja School of Business  
Management & Research

  
Director



has successfully participated in the International Yoga Day on 21<sup>st</sup> June 2025  
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association with The Art of Living (Resource Person: Mr. Ishank Raghupate), L.S.  
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Mr. Kiran Naik  
Faculty In-Charge



Dr. Harish Kumar S. Purohit  
Director



# CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

**Mr. Rashmit Shetye**

has successfully participated in the International Yoga Day on 21<sup>st</sup> June 2025  
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association with The Art of Living (Resource Person: Mr. Ishank Raghupate), L.S.  
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Mr. Kiran Naik  
Faculty In-Charge



Director

Dr. Harish Kumar S. Purohit  
Director





# CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

**Mr. Rahul Nair**

For Sheila Raheja School of Business  
Management & Research



Director

has successfully participated in the International Yoga Day on 21<sup>st</sup> June 2025  
organised by Sheila Raheja School of Business Management & Research in  
association with The Art of Living (Resource Person: Mr. Ishank Raghupate), L.S.  
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Mr. Kiran Naik  
Faculty In-Charge



Dr. Harish Kumar S. Purohit  
Director



# CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY THAT

**Ms. Maira Chola**

has successfully participated in the International Yoga Day on 21<sup>st</sup> June 2025  
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association with The Art of Living (Resource Person: Mr. Ishank Raghupate), L.S.  
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For Sheila Raheja School of Business  
Management & Research



  
Director



Mr. Kiran Naik  
Faculty In-Charge



Dr. Harish Kumar S. Purohit  
Director



### Student Feedback

#### **International Yoga Day: “Yoga for One Earth, One Health”**

**Date:** 21<sup>st</sup> January 2025

**Time:** 9am – 10.30 am

**Venue:** Auditorium, Raheja Education Complex

Sr.No.	Student Name	Institute
1	Saman Khan	SRBS
2	Sparsh Gupta	SRBS
3	Swaraj Surve	SRBS
4	Rashmit Shetye	SRBS
5	Rahul Nair	SRBS
6	Maira Chola	SRBS
7	Khushi Sharma	SRBS
8	Harsh pandey	SRBS
9	Shivam Gupta	SRBS
10	Merry Jane	SRBS
11	Pratham Mehra	SRBS
12	Vijaylakshmi Mhatre	SRBS
13	Atti Patil	LSR SOA
14	Anushka Wadekar	LSR SOA
15	Madhura Sawant	LSR SOA
16	Maria Rego	LSROA
17	Bhavesh Walchaure	LSR SOA
18	Shania Gracia	LSR SOA
19	Prashant Gupta	LSR SOA
20	Palak Goswami	LSROA
21	Dhanashree Mangela	LSROA
22	Kavya Nagpal	SRIHM
23	Arnahan Khan	SRIHM
24	Harshita Kotian	SRIHM
25	Bhrishti Takhtar	SRIHM
26	Arya Patil	SRIHM
27	Manpreet Ramgadia	SRIHM



For Sheila Raheja School of Business  
Management & Research

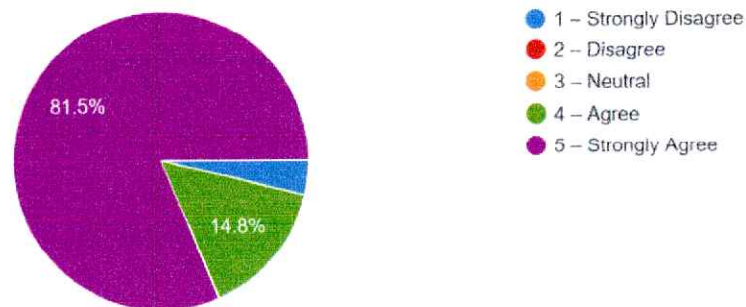
  
Director

Q1. The yoga session helped me feel more relaxed and refreshed.

(1 – Strongly Disagree, 2 – Disagree, 3 – Neutral, 4 – Agree, 5 – Strongly Agree)

1. The yoga session helped me feel more relaxed and refreshed.

27 responses

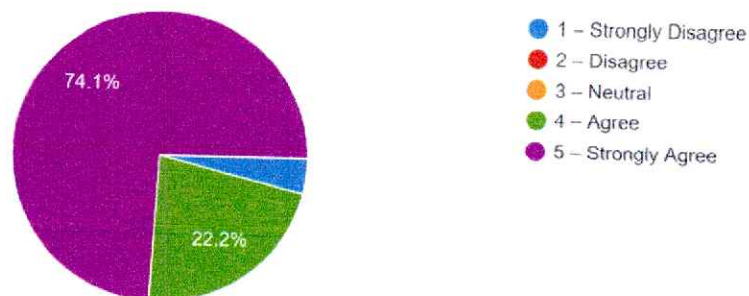


Q2. Mr. Ishan Raghupate explained and demonstrated the yoga techniques clearly.

(1 – Strongly Disagree, 2 – Disagree, 3 – Neutral, 4 – Agree, 5 – Strongly Agree)

2. Mr. Ishan Raghupate explained and demonstrated the yoga techniques clearly.

27 responses



For Sheila Raheja School of Business  
Management & Research



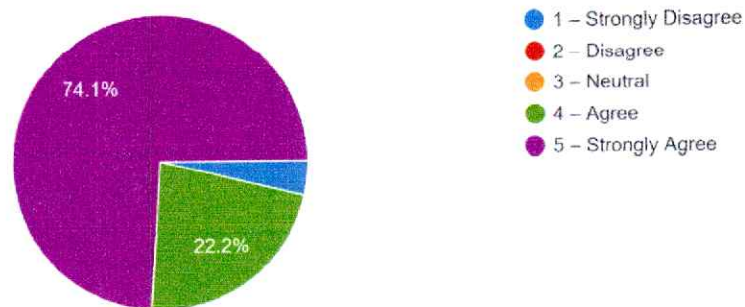


Q3. The session was well-organized and maintained good time management.

(1 – Strongly Disagree, 2 – Disagree, 3 – Neutral, 4 – Agree, 5 – Strongly Agree)

3. The session was well-organized and maintained good time management.

27 responses



Q4. I found the yoga activities beneficial for my physical and mental well-being.

(1 – Strongly Disagree, 2 – Disagree, 3 – Neutral, 4 – Agree, 5 – Strongly Agree)

4. I found the yoga activities beneficial for my physical and mental well-being.

27 responses



For Sheila Raheja School of Business  
Management & Research

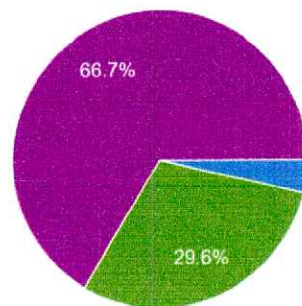
  
Director

Q5. I would be interested in attending more such wellness and yoga sessions in the future.

(1 – Strongly Disagree, 2 – Disagree, 3 – Neutral, 4 – Agree, 5 – Strongly Agree)

5. I would be interested in attending more such wellness and yoga sessions in the future.

27 responses



- 1 – Strongly Disagree
- 2 – Disagree
- 3 – Neutral
- 4 – Agree
- 5 – Strongly Agree



Dr. Kiran Naik

Assistant Professor



Dr. Harish Kumar S. Purohit

Director



For Sheila Raheja School of Business  
Management & Research

  
Director