

SVKM's Narsee Monjee College of Commerce and Economics
(Empowered Autonomous)
Vile Parle (West), Mumbai 400056

20th June, 2026

**NOTICE
STUDENTS**

On the occasion of International Yoga Day, we are pleased to conduct an online Pranayama session on Sunday, 21st June 2026.

Details of the session are as follows:

- **Resource person** : Dr. Shivesh Shukla
- **Date & Time**: 21st June 2026, 11:00 a.m. to 12:00 noon
- **Online Platform**: MS Teams (You're invited to Pranayama Session:

International Yoga Day Sun Jun 21, 2026 11:00 am—12:00 pm

(GMT+05:30) https://teams.microsoft.com/l/meetup-join/19%3ameeting_OTU5MTAxOTQtYTY3Yy00M2MzLWE0NzktNzc5YjMxMmM4NDg5%40thread.v2/0?context=%7b%22Tid%22%3a%22d1f14348-f1b5-4a09-ac99-7ebf213cbc81%22%2c%22Oid%22%3a%22286560e6-c67e-4558-a838-48cee0119c73%22%7d Tap on the link or paste it in a browser to join.)

Participants are kindly requested to join the session by 10:50 a.m. to avoid any last-minute technical glitches.

"Yoga is the journey of the self, through the self, to the self."

All are warmly invited to join the session and contribute to making it a meaningful and successful event.



**Dr. Parag Ajagaonkar
Principal**