



SHETH LALJI DAYAL AMALGAMATED TRUST'S
LILAVATI LALJI DAYAL NIGHT COLLEGE OF COMMERCE

375/77, Sardar Vallabhbhai Patel Road, Mumbai – 400 004. Tel.: 022 – 2382 7615/ 3507 7382

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Website: www.lldhscoc.in

Govt. Order No.: NGC 2018 / (100 / 18) MSHSI-4

Univ Affiliation No.: AFF / ICD / 2018-19/ 731

Ref. No. _____

Date: _____

1. Report on Yoga Day: June 21, 2020

Event: Yoga Day – Yoga Training for Young Adults and College Students (Online Mode)

Day/Date: June 21, 2020

Organizing Unit/Department with Collaboration: Lilavati Lalji Dayal Night College of Commerce in collaboration with St. Rocks College

Number of Student Participants: 45

Number of Beneficiaries from Communities: 10

On June 21, 2020, Lilavati Lalji Dayal Night College of Commerce, in collaboration with St. Rocks College, organized a Yoga Day event to offer yoga training for young adults and college students, celebrating International Yoga Day.

Key Highlights:

- **Yoga Training:** The session included a range of yoga postures, breathing exercises, and meditation techniques aimed at enhancing physical and mental health.
- **Collaboration:** St. Rocks College supported the event with resources and guidance, ensuring a comprehensive yoga experience.
- **Community Participation:** 45 students and 10 community members participated, promoting overall wellness through yoga.

Conclusion:

The Yoga Day event effectively promoted health and wellness through yoga training, supported by St. Rocks College, and positively impacted both students and community members.



(In-Charge Principal)
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2. Report on Online Seminar on Impact of Covid-19 on Indian Economy: January 22, 2021

Event: Online Seminar on Impact of Covid-19 on Indian Economy and Its Effects

Day/Date: January 22, 2021

Organizing Unit/Department with Collaboration: Lilavati Lalji Dayal Night College of Commerce in collaboration with Shri L P Raval College of Education

Number of Student Participants: 60

Number of Beneficiaries from Communities: 120

On January 22, 2021, Lilavati Lalji Dayal Night College of Commerce, in collaboration with Shri L P Raval College of Education, hosted an online seminar addressing the impact of Covid-19 on the Indian economy and its broader effects.

Key Highlights:

- **Seminar Focus:** The seminar covered the economic disruptions caused by the pandemic, including impacts on various sectors and economic recovery strategies.
- **Collaboration:** Shri L P Raval College of Education provided valuable support in organizing and facilitating the online seminar.
- **Attendance:** The seminar engaged 60 students and 120 community members, providing critical insights into the economic challenges posed by Covid-19.

Conclusion:

The online seminar on the impact of Covid-19 on the Indian economy was successfully conducted with support from Shri L P Raval College of Education. It provided valuable knowledge and fostered discussion on the economic implications of the pandemic for students and community members.



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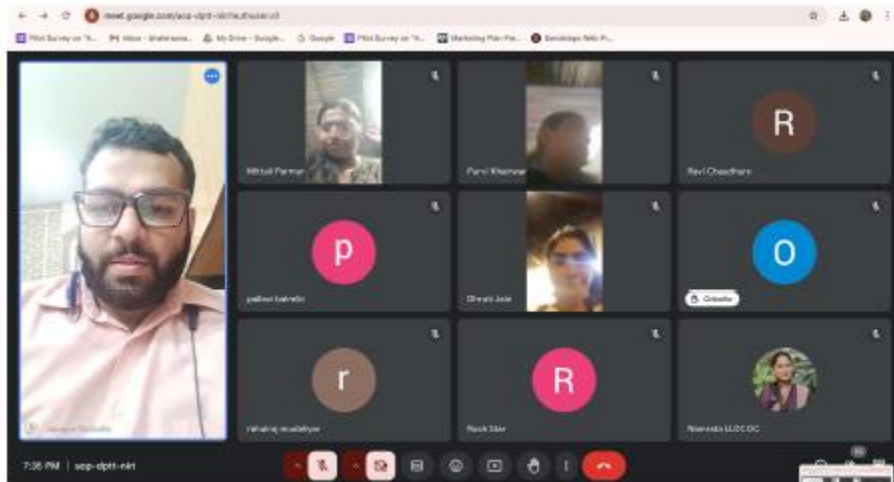
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