



Ghanshyamdas Saraf
college of arts & commerce
EDUCATION EMPOWERS

R.S.Campus, S.V. Road
Malad (W), Mumbai – 40064
Tel.No. 022-4520 7766
www.sarafcollege.org.in

NOTICE

Foundation Course Department

15/12/2023

This is to inform all the students of F.Y.B.Com that Free Yoga Classes will be conducted by Ambika Yog Kutir from 7th January 2024 at Khetan International School, Malad (w). It is 12 weeks course. It will be conducted only on Sundays from 7.00 am to 10 am.

For Healthy Life, this short term Yoga Course is recommended to students. Interested students are required to register for Yoga Course.

Kindly note that Course completion certificate will be considered for commendable project work and credits will be given in the Internal Assessment.

Prof. Gurunathan Pillai
Vice Principal, B.Com

Dr. Seema Agarwal
Vice Principal, B.Com

Dr. Ashwat Desai

Principal

PRINCIPAL

Rajasthan Sammelan Education Trust
Ghanshyamdas Saraf College
(Arts & Commerce)
Malad West, Mumbai - 400 064

Prof. Sonali Khade

Foundation course department





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Report on the Yoga Course

A total of 56 F.Y.B.Com students and 01 teacher enrolled in a 12-week Free Yoga Course, which was conducted by Ambika Yog Kutir at Khetan International School, Malad (W). The course commenced on 14th January 2024 and was held every Sunday from 7:00 AM to 10:00 AM, concluding on 31st March 2024.

The primary objective of the course was to promote a healthy lifestyle among students. Participants were introduced to various yoga postures, breathing exercises, and relaxation techniques, contributing to their physical and mental well-being.

Students found the sessions highly beneficial for their overall health. Upon successfully completing the course, they received a Course Completion Certificate, which was recognized for commendable project work and contributed to Internal Assessment credits.

This initiative proved to be extremely valuable, encouraging students to develop regular exercise habits while also providing academic benefits.

Prof. Sonali Khade

Foundation Course Department





FREE YOGA CLASSES SHRI AMBIKA YOGA KUTIR

IN ASSOCIATION WITH
NAV CHETANA CHARITABLE TRUST
ANNOUNCES ADMISSION
FOR 23rd BATCH

FOR HEALTHY WAY OF LIVING AND
GET RELIEF FROM
DIABETES, HIGH BP / CONSTIPATION, STRESS,
SINUS, JOINT PAIN ETC.
JOIN NOW

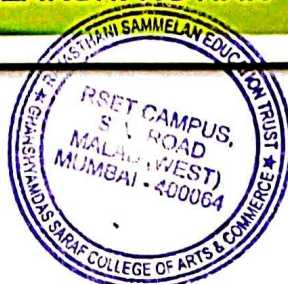
ADMISSION ON
SUNDAY 7th JANUARY, 2024
AT 7.00 AM

AT D.G. KHETAN INTERNATIONAL SCHOOL,
BEHIND SUNDER NAGAR, MALAD (WEST)

12 WEEK COURSE ONLY ON SUNDAYS
FROM 7.00 AM TO 9.30 AM

NO INQUIRIES AT D.G. KHETAN SCHOOL
NO ADMISSION ON PHONE

FOR INQUIRY CALL
MR. BHARAT MARU - 9222130555
MRS. KAMALAKSHI KOTIAN - 9930894412



Munishwar
PRINCIPAL

Rajasthani Sammelan Education Trust
Ghanshyamdas Saraf College
(Arts & Commerce)
Malad West, Mumbai - 400 064

E. No. 36411

रजि.नं. एफ-८९२-(टी)



श्री अम्बिका योग कुटीर

बी. के. मिल कंपाउंड, मीनाताई ठाकरे चौक,
लाल बहादूर शास्त्री मार्ग, थाने (प.) ४०० ६०९.

संस्थापक : हठयोगी प. पू. निकम गुरुजी

त्रैमासिक अभ्यासक्रम प्रमाणपत्र

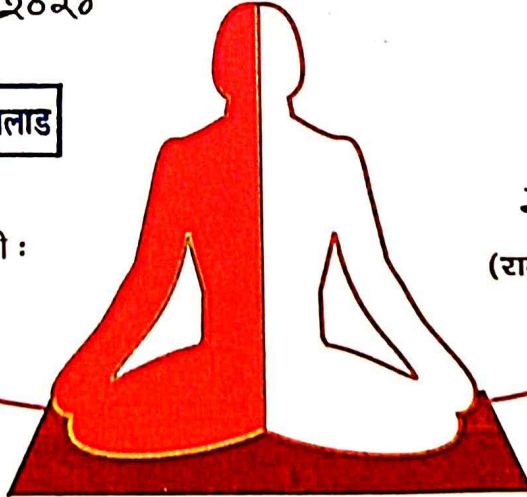
प्राचीन योग संजीवनी विद्या का प्रचार, प्रसार तथा स्वास्थ्य और
मानवता के सेवार्थ हम प्रमाणित करते हैं कि;

श्री./श्रीमती शंकर ललित कामल ने सफलता पूर्वक
हमारे कुटीर के त्रैमासिक अभ्यासक्रम में दि. १४.०१.२०२४ से ३१.०३.२४ तक
योग प्रशिक्षण में भाग लिया, हठयोगकी प्रारंभिक शुद्धिकर्म, आसन
और प्रारंभिक प्राणायामोंको अभ्यास पूर्ण किया है।

दिनांक : ०७/०४/२०२४

शाखा : गौरगांव / मलाड

शाखा संचालकाची सही :



सचिव

रामचंद्र

(रामचंद्र र. सुर्वे)

विशेष सूचना - इस प्रमाणपत्र धारकको योग प्रशिक्षण देने का अधिकार नहीं है।



Principal

PRINCIPAL

Rajasthani Sammelan Education Trust
Ghanshyamdas Saraf College
(Arts & Commerce)
Malad West, Mumbai - 400 064

E. No. 36414

रजि नं. एफ-८९२-(टी)



श्री अम्बिका योग कुटीर

बी. के. मिल कंपाउंड, मीनाताई ठाकरे चौक,
लाल बहादूर शास्त्री मार्ग, थाने (प.) ४०० ६०९.

संस्थापक : हठयोगी प. पू. निकम गुरुजी

त्रैमासिक अभ्यासक्रम प्रमाणपत्र

प्राचीन योग संजीवनी विद्या का प्रचार, प्रसार तथा स्वास्थ्य और

मानवता के सेवार्थ हम प्रमाणित करते हैं कि;

श्री./श्रीमती सुमित श्यामसुंदर चौधरी ने सफलता पूर्वक
हमारे कुटीर के त्रैमासिक अभ्यासक्रम में दि १४.०१.२४..... से ३१.०३.२४ तक
योग प्रशिक्षण में भाग लिया, हठयोगकी प्रारंभिक शुद्धिकर्म, आसन
और प्रारंभिक प्राणायामोंको अभ्यास पूर्ण किया है।

दिनांक : ०६/०४/२०२४

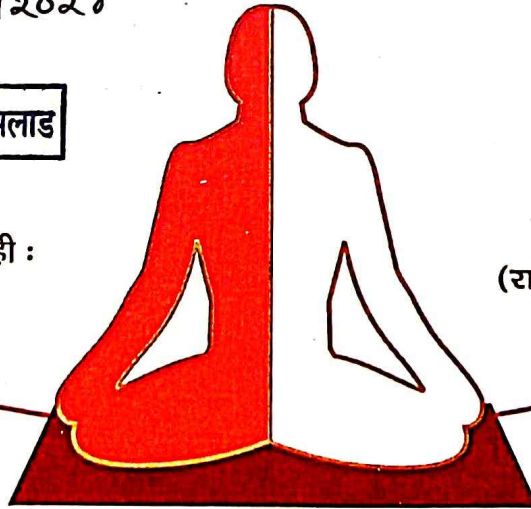
शाखा : **गौरीगांव / मलाड**

See
शाखा संचालकाची सही :

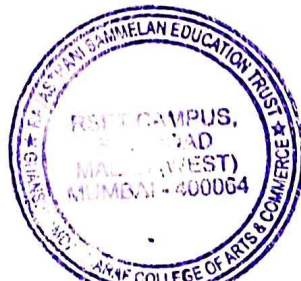
सचिव

रामचंद्र

(रामचंद्र र. सुर्वे)



विशेष सूचना - इस प्रमाणपत्र धारकको योग प्रशिक्षण देने का अधिकार नहीं है।



M. W. Saraf
PRINCIPAL

Rajasthani Sammelan Education Trust
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