



S. P. MANDALI'S

**R. A. PODAR COLLEGE OF COMMERCE & ECONOMICS
(EMPOWERED AUTONOMOUS)**

(Affiliated to University of Mumbai)

MATUNGA, MUMBAI - 400019

NOTICE

STUDENT INDUCTION PROGRAMME (SIP) 2024-25

Dear Students,

Greetings from the SIP Team.

We hope this message finds you well. As part of your mandatory coursework, you have visited the Kaivalyadham Yoga Institute in Lonavala to complete the first two stages of your program.

Stages Overview:

Stage 1: Harmony in Motion: Exploring Experiential Learning and Values Through Yoga and Student Bonding

Stage 2: Campus Exploration and Empowerment: Navigating the Campus Walk and Addressing Key Issues in Gender-Specific Workshops

A detailed **two-page** report mentioning the experiences and learning outcomes from the visit needs to be submitted. Please ensure that the report reflects upon the insights and knowledge gained during the sessions.

Date of Submission: 28th October 2024

Venue: College Hall

Timing: 10.15 am to 12.30 pm.

Please note that with the submission of the two-page report stages one and two are completed.

Thank you for your cooperation, and we look forward to reading your reflections.

Best regards,

SIP credit course co-coordinators

Dr. Vinita Pimpale and Mrs. Karishma Khadiwala