



# B. K. Birla College of Arts, Science & Commerce, Kalyan (Empowered Autonomous Status)

(Formerly known as Birla College of Arts, Science and Commerce, Kalyan)

(Conducted by Kalyan Citizens' Education Society)

Affiliated to University of Mumbai

'College of Excellence' status by UGC (2015 - 2020)

Reaccredited by NAAC (4<sup>th</sup> Cycle) with 'A++' Grade (CGPA - 3.51) (2024 - 2031)

ISO 9001: 2015 Certified

NAAC AQAR

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2023-2024

Criteria IV – Infrastructure and Learning Resources (100)

Key Indicator - 4.2 Library as a Learning Resource

4.1.2 (Q<sub>1</sub>M): The institution has adequate facilities for Cultural activities, yoga, sports, and games (indoor and outdoor) including Gymnasium, Yoga Centre, auditorium, etc.

## Supporting Documents & Links

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Web Link: [B.K. Birla College of Arts, Science & Commerce, Kalyan \(bkbirlacollegekalyan.com\)](http://B.K. Birla College of Arts, Science & Commerce, Kalyan (bkbirlacollegekalyan.com))



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### Yoga Activities

Sr. No.	Activities	Date	No. of Students	Centre
1	5-day national Yoga workshop on <b>Healthy Body and Healthy Mind</b>	14.06.2023 to 21.06.2023	56	Centre for Yoga - Philosophy and Practice
2	10th International Yoga Day Celebration	21.06.2023	300	Centre for Yoga - Philosophy and Practice
3	Certificate Course (02 Credits) On Yoga for Body Awareness & Breathing Awareness			
4	Participation in the International Conference on Integration of Yoga in Higher Education	3 <sup>rd</sup> March 2023.	04 faculty members and 08 students	organized by Kaivalyadhama Yoga Institute, Lonavala supported by the Ministry of Ayush, Somaiya Vidyavihar University
5	Special Lecture on Understanding the Science and Research on Yoga and Relevance for Stress and Resilience	19th March 2023	82 students and faculty members	Centre for Yoga - Philosophy and Practice
6	Aahaar Kranti 3rd Anniversary: A National Awareness Program	5 <sup>th</sup> April 2024		Centre for Yoga - Philosophy and Practice
7	Special Yoga Session for Nearby School Children	13 <sup>th</sup> March 2023		Centre for Yoga - Philosophy and Practice Anubhav School, Kalyan



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## Facilities & Activities for Yoga – Snapshots -I







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## Facilities & Activities for Yoga – Snapshots -II



**B. K. Birla College, Kalyan**  
(Empowered Autonomous Status)  
UGC sponsored  
Centre for Yoga - Philosophy and Practice  
In association with  
**Kaiwalyadham Yoga Institute, Lonavala**  
Organising  
**Special Lecture**  
On  
**'Understanding the science and research on yoga and relevance for stress and resilience'**

Date - 19-03-2024  
Venue - Seminar Hall , IT Building

**Dr. Sat Bir Singh Khalsa**  
Associate Professor in medicine  
Harvard medical School, Boston




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## Facilities & Activities for Yoga – Snapshots -III







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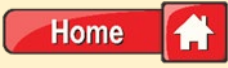
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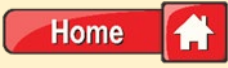
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## Facilities & Activities for Yoga – Snapshots -IV

