



G-18B/2023-24/16

June 16, 2023

To,
Principals/Directors / HOD's
Colleges and Departments
Conducted and Affiliated to
S.N.D.T. Women's University,
Mumbai – 400 020.

SUB:-INTERNATIONAL YOGA DAY CELEBRATION-2023.

Dear Sir / Madam,

It has been informed by the Department of Youth Affairs and Sports, Government of India, P.M.O. Office and Government of Maharashtra that all Schools, Colleges and Universities must conduct the International Yoga Day Celebration on 21 June, 2023 taking all the students including NSS, Sports, DSD, NCC and staff.

The following International Yoga Day programmes have been planned:-

I) CAMPUSES WISE PLAN

June 19, 2023 10.00 am to 11.00 am	Churchgate Campus Badminton Court	SNDT Arts & Commerce, Churchgate
June 20, 2023 10.00 am to 11.00 am	Churchgate Campus Badminton Court	PVDT College of Education Students
June 21, 2023 8.00 am to 09.00 am	Churchgate Campus Badminton Court	L. T. Nursing College, Churchgate
June 21, 2023 9.30 am to 10.30 am	Churchgate Campus Patkar Hall	SNDT Arts & Commerce, Churchgate & PVDT College of Education & NCC Student & Teaching & Non- teaching staff

June 22, 2023 10.00 am to 11.00am	Juhu Campus UMIT	All Departments, Colleges, Students, Teaching and Non-Teaching Staff
June 23, 2023 11.00 am to 01.00 pm	Pune Campus	All Departments, Colleges, Students, Teaching and Non-Teaching Staff
July 25, 2023 08.00 am to 09.00 am	Marine Drive Yoga by the Bay	SNDT Arts & Commerce, Churchgate. PVDT College of Education. NCC & Hostel Students
June 26, 2023 10.00am to 12.00 pm	Ambikabai Jadhav College, Vajreshwari	All Student & Staff
June 27, 2023 11.00 am to 01.00 pm	Ayeshabai B.Ed College Byculla	All Student & Staff
June 28, 2023 9.00 am to 10.00 am	Model College for Women, Shriwardhan	All Student & Staff

Sports Teachers, NSS P.O.S and NCC Co-ordinators are requested to make sure that all the students must attend this celebration at the Campuses.

II) AFFILIATED COLLEGES (In Mumbai)

All Affiliated Colleges must conduct this International Yoga Day Celebration at their respective colleges on June 21, 2023 for 45 minutes. Teaching, non teaching staff & students must attend this program on a large scale.

Enclosed herewith is a module of asanas planned by Government of Maharashtra in collaboration with Kaivalyadama Yoga Institute, Lonavala, to be conducted on that day. The colleges can open the www.avush.govt.in/ www.yogamdniy.nic.in/ on which the detailed video module on asanas can be followed and shown on the screen.

The Yoga Trainer/ Instructor will be provided by Kaivalydhama yoga Institute, Mumbai on June 21, 2023 at 7.00 am to 8.00 am. For Mumbai Colleges only

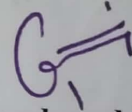
III) AFFILIATED COLLEGES (Outside Mumbai)

All Affiliated Colleges must conduct this International Yoga Day Celebration at their respective Colleges on June 21, 2023 for 45 minutes. Teaching, non teaching staff & students must attend this program on a large scale.

Enclosed herewith is a module of asanas planned by Government of Maharashtra in collaboration with Kaivalyadama Yoga Institute, Lonavala, to be conducted on that day. The colleges can open the www.ayush.govt.in/ www.yogamdny.nic.in on which the detailed video module on asanas can be followed and shown on the screen.

All other colleges have to arrange their Yoga trainer/ Instructor at their own.

Yours faithfully



Dr. Vilas Nandavadekar

Director of Sports & Physical Education (Addl Charge)

RSM
16/6/23