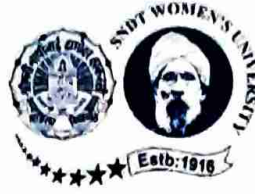


# S.N.D.T. Women's University

Department of Sports and Physical Education

Bharat Ratna Maharshi Karve Vidyavihar,  
1, Nathibai Thackersey Road, Mumbai - 400 020



श्रीमती ना.दा.ठाकरसी महिला विद्यापीठ

क्रीडा आणि शारीरिक शिक्षण विभाग

भारतरत्न महर्षी कर्वे विद्याविहार १, नाथीबाई ठाकरसी मार्ग,  
मुंबई - ४०० ०२०

Telephone 91-22-22007027 91-22-22031879 Ext.1261 Email : physicaledu@sndt.ac.in Website : www.sndt.ac.in/students.htm

G- 18B / 2024-25 /32

Date: - 15-06-2024

To,

Principals / Directors / HOD's  
Colleges and Departments  
Conducted and Affiliated to  
S.N.D.T. Women's University ,  
Mumbai - 400020

**SUB: - INTERNATIONAL YOGA DAY CELEBRATION - 2024.**  
**THEME "YOGA FOR WOMEN EMPOWERMENT".**

Respected Madam / Sir,

The International Yoga Day is celebrated across the globe every year with the aim to create awareness about YOGA and to follow the holistic approach to health and well being. As per the guidelines of Department of Youth Affairs and Sports, Government of India, P.M.O. Office and Government of Maharashtra that all Schools, Colleges and Universities must celebrate International Yoga Day on 21<sup>st</sup> June 2024.

*So hereby, all the institutions are requested to organize various events mainly; Workshops, Elocutions, Programs to celebrate the occasion of International Yoga Day fostering a sense of health and wellbeing among all students and staff.*

Enclosed below is a protocol that can be followed for conducting the program on 21<sup>st</sup> June, 2024.

<https://yoga.ayush.gov.in/public/assets/front/pdf/CYPEnglishLeaflet.pdf>

Kindly fill the event report of the program organized by the college / Department and email it to the department on - [physicaledu@sndt.ac.in](mailto:physicaledu@sndt.ac.in)

**Note: Conducted colleges are requested to attend the International Yoga Day celebration as per attached scheduled. Kindly check the attachment for the schedule.**

Thanking you,

Yours Faithfully,

  
Dr. Kavita Kholgade

Director of Sports and Physical Education