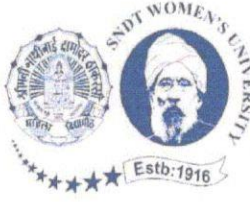


S.N.D.T. Women's University

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-22/2024-25/62

Date: 06/08/2024

To,
Principal

SUB: - Yoga Workshop 2024-25

Respected Sir/Madam,

We are excited to share that the Department of Sports and Physical Education is conducting a Yoga Workshop. This workshop aims to enhance athletes' knowledge and skills in practicing yoga specifically for competitive scenarios, such as the All India Inter University Games.

The details for the same have been mentioned below:

Date: 21st and 22nd August 2024

Time: 10:00 am to 5:00 pm

Venue: Churchgate Campus

Students residing outside Mumbai will be provided accommodation in the hostel during the workshop. Students residing in Mumbai will have to travel during the workshop.

In-charge teachers are requested to send 6 entries per college to the department by 16th August.

Thanks & Regards

Yours Sencerely,

Dr. Kavita Kholgade
Director of Sports and Physical Education