



REG/142/2024-25/85

June 24, 2024

**CIRCULAR:**

**Sub : International Yoga Day Programme for Non-Teaching Staff.**

All Heads, Principals, Directors, University Officers and Non-teaching staff of the Churchgate Campus of the University are hereby inform you that the Department of Sports and Physical Education in collaboration with the Department of Student's Welfare and National Service Scheme has organized a program on the occasion of International Yoga Day.

**Date: 26th June 2024 - Wednesday**

**Time: 3:30 pm to 4:30 pm**

**Venue: Badminton Hall, Churchgate Campus**

This session aims to promote wellness and relaxation through yoga, and we encourage all interested staff members to participate in this event by seeking permission from his Officer/HoD/Principal. Please wear comfortable clothing suitable for the session.

Your participation will contribute to making this event a success, fostering a healthy and balanced lifestyle within our workplace community.

We look forward to seeing you there!

  
(Dr. Vilas Nandavadekar)  
Registrar

**To**

- 1) All Principals/ HoDs/ Directors, University Officers of SNDT Women's University at Churchgate Campus - **to inform all non-teaching staff**
- 2) The Secretary, SNDT Women's University Non-Teaching Employees Union
- 3) The Secretary, SNDT Women's University Employee's Union,