

Ref.No.DSD/2025-26/21.

June 10, 2025

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-2025.**

Dear Sir / Madam,

It has been informed by the Rajbhavan, Mumbai, Department of Youth Affairs and Sports, Government of India, P.M.O. Office and Government of Maharashtra that all Schools, Colleges and Universities have to conduct the International Yoga Day (IYD) Celebration on June 21, 2025 taking all the students including NSS, Sports, DSD, NCC and staff.

The following International Yoga Day programmes have been planned:-

**I) CAMPUSES WISE PLAN**

Sr. No.	Day	Date	Time	Target Participants	Description	Venue
1	Thursday	June 19, 2025	08:30 AM	LT College of Nursing, Churchgate	Preparation of International Yoga Day	Badminton Court, Churchgate Campus.
2	Friday	June 20, 2025	08:30 AM	SNDT College of Arts and SCB College of Commerce and Science for Women	Preparation of International Yoga Day	Badminton Court, Churchgate Campus
3	Saturday	June 21, 2025	10:30 AM	All Students, Teaching and Non-teaching staff	Celebration of International Yoga Day	Patkar Hall, Churchgate Campus.
4	Saturday	June 21, 2025	08:30 AM	Students and Staff of SNDTWU, Pune.	Celebration of International Yoga Day	Tarapur Hall, Pune Campus.
5	Sunday	June 22, 2025	07:30 AM	Students and Staff of conducted & affiliated Colleges/ Departments/ Institutions situated Mumbai of SNDTWU	Yoga By the Bay	Marine Drive in front of Kaivalyadhama, Mumbai.
6	Monday	June 23, 2025	08:30 AM	Students of SNDTWU Juhu Campus	Celebration of International Yoga Day	UNIT Foyer, Juhu Campus.

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 should conduct the International Yoga Day Celebration at their respective college/Campuses on June 21, 2025 for 45 minutes. Teaching, non teaching staff & students should attend this program on a large scale.

Enclosed herewith is a module of asanas planned by Government of India / Ayush Ministry in collaboration with Kaivalyadhama Yoga Institute, Mumbai to be conducted on that day. The colleges can open the [www.ayush.govt.in/](http://www.ayush.govt.in/) [www.yogamdniy.nic.in/](http://www.yogamdniy.nic.in/) on which the detailed video module on asanas can be followed and shown on the screen.

**All Colleges have to arrange their Yoga Trainer / Instructor at their own.**

**Date: June 21, 2025      Time: 8.00 am to 9.00 am**

## **III) AFFILIATED COLLEGES (Outside Mumbai)**

All Affiliated Colleges should conduct the International Yoga Day (IYD) Celebration at their respective college/Campuses on June 21, 2025 for 45 minutes. Teaching, non teaching staff & students should attend this program on a large scale.

Enclosed herewith is a module of asanas planned by Government of Maharashtra in collaboration with Kaivalyadhama Yoga Institute, Mumbai to be conducted on that day. The colleges can open the [www.ayush.govt.in/](http://www.ayush.govt.in/) [www.yogamdniy.nic.in](http://www.yogamdniy.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.**

**Date: June 21, 2025      Time: 8.00 am to 9.00 am**

## **IV) GENERAL INSTRUCTIONS**

You are requested to send your report & photographs to the Department of Students' Development immediately through mail [dsw@sndt.ac.in](mailto:dsw@sndt.ac.in) .

**All the students are requested to carry a mat / bed sheet and wear track pant / T-shirt or any comfortable outfit on June 22, 2025 at Marine Drive.**

Thanking You,

Yours faithfully,



Dr. Nitin S. Prabhutendolkar

Dean of Students'

Department of Students Development