



S. N. D. T. WOMEN'S UNIVERSITY
DEPARTMENT OF STUDENTS' WELFARE
&
NATIONAL SERVICE SCHEME CELL



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Ref. No. DSW-NSS / 2015-16 / 36

Date:- 17-06-2015

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 - 2015 .

Dear Madam / Sir,

It has been informed by the Department of Youth Affairs and Sports, Government of India and Government of Maharashtra at the NSS Meeting held on 5th June 2015 at Mantralaya , that all Schools , Colleges and Universities must conduct the International Yoga Day Celebration on 21st June 2015 or any day during the week from June 21 to 27, 2015 taking all the students of NSS, Sports, NCC and staff.

The following International Yoga Day programmes have been planned:-

I) CAMPUSES

June 22, 2015 9.00 am to 10.00 am	Churchgate Campus Basketball Court or Badminton Court expected No. of students – 300 /400	Students from Churchgate Campus Colleges & Departments
June 23, 2015 9.00 am to 10.00 am	Juhu Campus Foyer expected No. of students – 300 /400	Students from Juhu Campus Colleges & Departments
June 24, 2015 9.00 am to 10.00 am	Pune Campus Tarapore Hall expected No. of students – 800 /1000	Students from Pune Campus Colleges & Departments

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) TRAINING WORKSHOP

- a) For all Mumbai Colleges / Departments (Conducted & Affiliated) :
The Sports Teachers, teachers-in-charge of sports, NSS P.O.s & NCC Heads along with 4 students from each College / Department must attend this Training Workshop on June 17, 2015 at 11.00 am at the Churchgate Campus, Badminton Court.
- b) For all Pune Campus Colleges / Departments :
The Sports Teachers, teachers-in-charge of sports, NSS P.O.s & NCC Heads along with 4 students from each College / Department must attend this Training Workshop on June 18, 2015 at 11.00 am at the Tarapore Hall.

III) AFFILIATED COLLEGES (In and Outside Mumbai)

All Affiliated Colleges must conduct this International Yoga Day Celebration at their respective Colleges on any one day from June 21 to 27, 2015 for 40 minutes. Maximum students from NSS, NCC, & Sports must attend this program on a large scale.

Enclosed herewith is a module of asanas planned by Government of India, (AYUSH) Ministry, to be conducted on that day. The attachment will also be sent by mail to all the representative colleges.

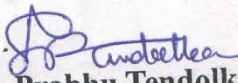
PROGRAMME

- * Inaugural Ceremony
- * Asanas as per module
- * Talk by experts on yoga/ film show, works help, exhibition, competitions, yoga camp
- * Vote of thanks
- * Refreshments

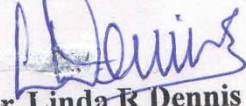
All the students are requested to carry a mat / bed sheet and wear track pant / T-shirt or any comfortable outfit.

You are requested to send your report & photographs to the Department of Physical Education immediately. A consolidated report has then to be sent to the Government of Maharashtra / Government of India.

Thanking You,


Dr. Nitin S. Prabhu Tendolkar
Assistant Dean of Students

Yours faithfully,


Dr. Linda R Dennis
Assistant Director of Phy. Edn.