



SNDT WOMEN'S UNIVERSITY



In collaboration with

KAIVALYADHAMA YOGA INSTITUTE

Organized

3rd INTERNATIONAL DAY OF YOGA CELEBRATIONS

JUNE 21, 2017

REPORT



3rd INTERNATIONAL DAY OF YOGA CELEBRATIONS

REPORT

This year the 3rd International Day of Yoga Celebrations were organised by the SNDT Women's University in collaboration with Kaivalyadhama Yoga Institute, Mumbai in the month of June from 15 to 30, 2017. The Programmes were conducted at the University, Conducted & Affiliated Colleges & the society as well.

We are very happy to state that the 3rd International Day of Yoga Celebrations were coordinated & supported by the University Departments of Physical Education, Department of Student Welfare, Department of NSS, and NCC. The Common Yoga Protocol given by the Ministry of AYUSH was extensively trained in almost all our Colleges and the University Campuses.

The following programs were conducted during the month of June 2017 :-

- **ORIENTATION & TRAINING PROGRAM OF COMMON YOGA PROTOCOL FOR IDY, 2017**

Orientation & training of common yoga protocol for IDY from June 15- 17, 2017 at Badminton court, Churchgate campus. 85 students / teachers participated at Churchgate Campus. The training programme was inaugurated by Prof. Shashikala Wanjari, Hon'ble Madam Vice Chancellor, Dr.B.B. Pradhan, Prin. SNDT Arts &SCB Commerce College, Dr. Meena Kute, Prin. PVDI College of Education, Prin, Dr. Nancy Fernandese, Dr. Linda Dennis. Ex. Asst. Dir. Of Phy. Education, Dr. Nitin Prabhu Tendolkar, Asst. Dean of students were present for the program.



Orientation & Training Program Of Common Yoga Protocol From June 15 -17, 2017 At Badminton Court, Churchgate





Common Yoga Protocol Session

- **INTERNATIONAL DAY OF YOGA ORIENTATION & TRAINING PROGRAM AT CHURCHGATE CAMPUS**

International Day of Yoga Orientation & Training Program was held on June 15, 2017 at Badminton Hall, Churchgate Campus. 85 students / teachers participated from LT College of Nursing, Churchgate Campus.

On June 16, 2017, 62 students /teachers participated orientation & Training Program from PVDT college of Education, Churchgate Campus.

On June 17, 2017 , the training session was held for SNTD Arts & SCB Commerce College, Churchgate Campus. 84 students/Participated for the session.

International Day of Yoga Orientation & Training Program was conducted by trainer Mr. Rajat & his team from Kaivalyadham Yoga Institute, Mumbai & Yoga practices conducted by Dr.Linda Dennis & Mrs. Anjali Joglekar. The program was organized in order to train the students on the common yoga protocol.

The overall program was planned by Dr. Nitin Prabhutendolkar, Asst. Dean of Students &Asst. Director of sports (Addl. Charge).



International Day of Yoga Programme at SNDT Women's University, Churchgate Campus

- **UNIVERSITY INTERNATIONAL DAY OF YOGA CELEBRATION:**

The SNDT Women's University organized Practice of Common Yoga Protocol on 3rd International Day of Yoga on June 21, 2017 from 7.00 am to 8.00 am at Badminton Court & Foyer, Churchgate Campus. Approximately 225 students, teachers were present for the session.

The celebration of 3rd International Day of Yoga was continuing from 8.45 am to 10.45 am in Patkar Hall, Churchgate campus. Chief Guest of the program was Mr. Ramdas Athawale, Minister of State, Ministry of Social Justice & Empowerment, Govt. of India. Prof. Shashikala Wanjari, Hon'ble Madam Vice Chancellor presided over the celebration. Mr. Subodh Tiwari, CEO, Kaivalyadham Yoga Institute, Lonawala. Dr. S. N. Bharambe, Registrar, Dr. Nitin S. Prabhutendokar, Asst. Dean of students' welfare present for the program. Dr. S.N. Bharambe , Registrar & welcome all the members on the dias & the participants in the hall. Mr. Sandip Solanki took the session on Yoga on Chair & Mrs. Nutan Pakhre, co-od , Kaivalyadham , Mumbai took the practice of Omkara. Dr. Nitin Prabhu Tendolkar conveyed the vote of thanks. The program was ended by National Anthem.

University International Day of Yoga Celebration on June 21, 2017 at Patkar Hall



Practice session on Chair on Yoga



Session on Mindfulness on Yoga by Dr. Rajendra Barve

- **CELEBRATION OF 3RD INTERNATIONAL DAY OF YOGA BY AFFILIATED COLLEGES & INSTITUTIONS**

MMP SHAH WOMEN'S COLLEGE , MATUNGA

On June 19, 2017 organized Workshop on Yoga. Approx. 150 students participated along with teaching & Non-teaching Staff from 9.30am to 10.30am.

Lecture on “Importance of Yoga” was delivered by Mrs. Anjali Joglekar” Which was followed by training for Asana’s as per the module received from the government.

The workshop was a collective effort of three departments together, NSS, NCC and Sports.

On June 21, 2017 as part of the international Celebrating Yoga Day approx.150 students participated along with teaching & Non-teaching Staff from 9.30am to 10.30 am for the session.

International Yoga Day was celebrated by Smt. MMP Shah Women’s College between 9.30am to 10.45 am. The Chief Guest for the celebration was Mr. R.K. Menon, advisor corporate affairs.

The response from the students and staff was very positive. Many of them want to continue to learn yoga and practice it. We will ensure to support this movement of the government.



SMT. B.M RUIA, MAHILA MAHAVIDYALAYA , GAMDEVI



REGAL WOMEN'S COLLEGE , KALYAN

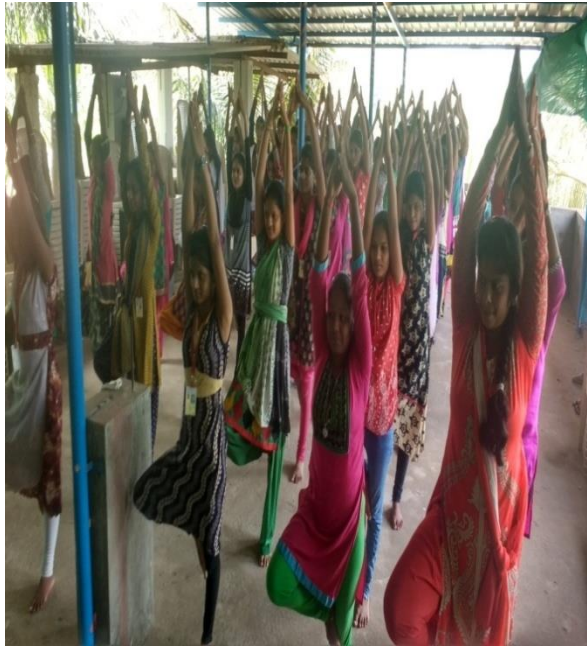


SMT. P.N DOSHI MAHAVIDYALAY, GHATKOPAR



DNYANKUNJ COLLEGE OF INFORMATION TECHNOLOGY & MANAGEMENT, OROS, SINDHUDURG





MKSSS BCA COLLEGE , RATNAGIRI



PHARMACY COLLEGE, CHINCHOLI , NASHIK



LJNL MAHILA MAHAVIDYALAYA, VILE PARLE



SENIOR ARTS MAHILA MAHAVIDYALAY, NANDURBAR



REGAL COLLEGE, MAHAD



REGAL COLLEGE, KANKAVLI

रिगल कॉलेजमध्ये आंतरराष्ट्रीय योग दिन

कणकवली : शहर वार्ताहर

योग म्हणजे शरीर, मन, आत्मा जुळणी असून व्यक्तीचा शारीरिक व मानसिक विकास साधण्यासाठी अष्टांगयोगात यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारण ध्यान, समाधी या आठ पायऱ्या पतंजली ऋषींनी सांगितल्या आहेत. नित्य नियमाच्या योगाभ्यासाने साधकांत सात्विक गुण व भावना निर्माण होतात. योग साधनेने जीवन आनंदाने व उत्साहाने जगता येते, असे प्रतिपादन रिगल कॉलेजचे प्राध्यापक गिरीष राणे यांनी केले.

संयुक्त राष्ट्र संघाने २१ जून हा



जानवली : रिगल कॉलेजमध्ये योगा करताना विद्यार्थी व शिक्षक.

SHPT COLLEGE OF ANALYTICAL CHEMISTRY, JUHU



SMRK-BK-AK MAHILA MAHAVIDYALAY, NASHIK





**ARUNODAYA DNYAN PRASARAK MANDAL'S WOMEN'S COLLEGE
OF ARTS, COMMERCE AND HOME SCIENCE, JALGAON**





SNDT COLLEGE OF HOME SCIENCE, PUNE





**ASHOKA INTERNATIONAL CENTER FOR EDUCATIONAL STUDIES
AND RESEARCH**



L.T. COLLEGE OF NURSING, CHURCHGATE





JANAKADEVI BAJAJ INSTITUTE OF MANAGEMENT, JUHU



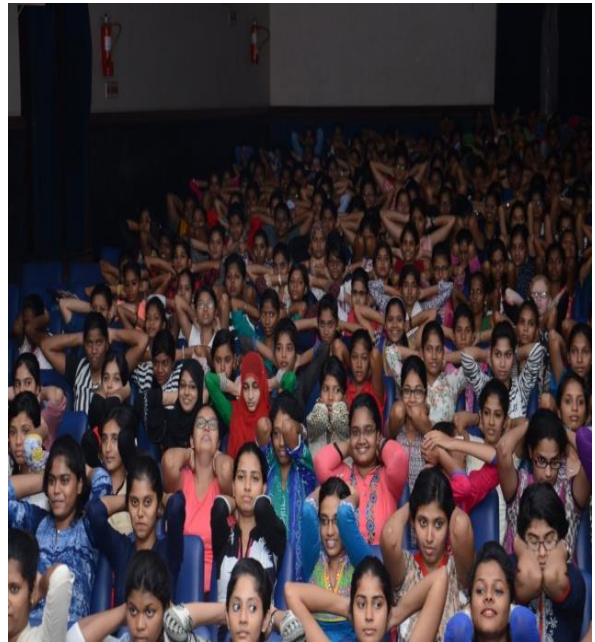


**SMT. CHAMPABEN BALCHAND SHAH MAHILA MAHAVIDYALAYA,
SANGLI**



MAHARSHI KARVE MODEL COLLEGE, SHRIWARDHAN





**PLAN OF ACTION FOR 3RD INTERNATIONAL DAY OF YOGA
PROGRAMME SCHEDULE
JUNE 15, 2017 TO 30, JUNE 2017**

Sr. No.	Date	Time	Place	College	Programme
1.	15/06/2017	09.30 am to 10.30 am	Badminton Court Churchgate Campus	L. T. College of Nursing Churchgate	Orientation & Training for Common Yoga Protocol
2.	16/06/2017	09.30 am to 10.30 am	Badminton Court Churchgate Campus	PVDT College of Churchgate	
3.	17/06/2017	09.30 am to 10.30 am	Badminton Court Churchgate Campus	Arts, Comm. & Science College, Churchgate	
4.	19/06/2017	09.30 am to 10.30 am	Auditorium	M.M.P.Shah College, Matunga	
5.	20/06/2017	09.30 am to 10.30 am	Auditorium	M.N.Women's College, Vile- Parle	
6.A	21/06/2017	07.00 am to 08.00 am	Badminton Court Churchgate Campus	Churchgate Campus	International Yoga Day Common Yoga Protocol
6.B	21/06/2017	07.00 am to 08.00 am	Foyer Churchgate Campus	Churchgate Campus	
6.C	21/06/2017	08.30 am to 10.00 am	Patkar Hall Churchgate Campus	Churchgate Campus	
7.	22/06/2017	08.00 am to 09.00 am	Foyer Juhu Campus	Juhu Campus Students.	International Yoga Day Common Yoga Protocol
8.	22/06/2017	10.00 am to 11.00 am	Foyer Juhu Campus	Juhu Non Teaching Staff	
9.	22/06/2017	07.00 pm to 08.00 pm	A V Room	Pune Hostel Students.	
10.	23/06/2017	10.30 am to 11.30 am	P.G. Hall Pune	Pune Campus Students.	
11.	27/06/2017	10.30 am to 11.30 am	Auditorium	GEI College, Dombivali	
12.	27/06/2017	06.30 am to 07.30 am	Juhu Hostel	Juhu Hostel Girls & Staff	
13.	28/06/2017	10.30 am to 11.30 am	Auditorium	Vajreshwari College Vajreshwari	
14.	29/06/2017	10.30 am to 11.30 am	Badminton Court Churchgate Campus	P. G. Department Students & Staff	
15.	29/06/2017	06.30 am to 07.30 am	Churchgate Hostel	Churchgate Hostel Girls & Staff	
16.	30/06/2017	10.00 to 05.00 pm	Kaivalyadhama Lonavala	50 Students & Teachers	Culmination Programme of Yoga Day Celebration

PLAN OF ACTION FOR TEACHING – NON TEACHING STAFF

June 21, 2017 8.45 am to 10.45 am	Churchgate Campus Celebration of Yoga Day in Patkar Hall	Teaching & Non Teaching staff of Churchgate Campus
June 22, 2017 10.00 am to 11.00 am	Juhu Campus UMIT Foyer Practice Session on Common Yoga Protocol (CYP)	Teaching & Non Teaching staff of Juhu Campus
June 23, 2017 10.30 am to 11.30 am	Pune Campus P . G. Hall Practice Session on Common Yoga Protocol (CYP)	Teaching & Non Teaching staff of Pune Campus
June 29, 2017 9.30 am to 10.30 am	Churchgate Campus Badminton Court Practice Session on Common Yoga Protocol (CYP)	Teaching & Non Teaching staff of Churchgate Campus

IN APPRECIATION

The Departments of NSS, NCC, DSW & Sports place on paper their appreciation to the following personalites.

- 1) Vice Chancelllor, Prof. Shashikala Wanjari
SNDT Women's University
- 2) Registrar, Dr. S.N. Bharambe
SNDT Women's University
- 3) Hon. Secretary, Shri Subhodh Tiwari
Kaivalyadhama Yoga Institute, Lonavala
- 4) Jt. Director, Shri Ravi Dixit,
Kaivalyadhama Yoga Institute, Mumbai
- 5) Assistant Dean of Students Welfare
and NSS Coordinator
Dr. Nitin S. PrabhuTendolkar
- 6) Ms. Beena Pandya ,
Sports Co-ordinator,
Department of Physical Education

(For conducting the entire International Yoga Day Celebrations successfully).