

SADHU VASWANI MISSION'S ST. MIRA'S COLLEGE FOR GIRLS

[ARTS, COMMERCE & SCIENCE]

Dr. G. H. GIDWANI

Principal

G-18/2017-18/05

PU/PN/AC/015/(1962) College Code No. : 013

20.06.2017

CIRCULAR

The College will celebrate Yoga Day on 21st June 2017. It will take place in the Sanctuary at 10.30 am. All are requested to attend the same.

Dr.G.H.Gidwani

Principal
Principal
St. Mira's College for Girls







SADHU VASWANI MISSION'S

ST. MIRA'S COLLEGE FOR GIRLS

[ARTS, COMMERCE & SCIENCE]

6, Koregaon Road, Pune - 411 001. [INDIA]
Ph. / Fax: 26124846 E-mail: mira_college@yahoo.co.in

Dr. G. H. GIDWANI

Principal

PU/PN/AC/015/(1962) College Code No. : 013

G-18/2017-18/7

Date: 21.6.2017

To,
Prof. (Dr.)

Prof. (Dr.) Deepak Mane,

Head Department of Physical Education.
Near Administration Building.
Savitribai Phule Pune University
Ganeshkhind

Pune- 411 007

Subject: 3rd International Yoga Day on 21st June 2017.

Ref. : Your letter no. VKM/3/144, dated 12.6.2017

Dear Sir.

Good wishes and warm greetings from St. Mira's College for Girls.

With reference to your letter, 3rd International Yoga Day was celebrated at our college. Please find enclosed herewith the report alongwith the photographs.

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Thanking you,

Yours faithfully,

Dr. G. H. Gidwani

Principal Principal

St. Mira's College for Girls

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St. Mira's College for Girls, Pune INTERNATIONAL YOGA DAY, 21st June 2017

The 3rd International Yoga Day was celebrated at St. Mira's College for Girls today to bring peace, harmony, happiness and success to every soul in the world. This programme was attended by the staff and students. It was conducted by the thrice World Champion and Yoga Arjun Awardee Smt. Pallavi Kavhane and her team. She started with a brief introduction of Yoga, their importance in day to day life, followed by prayer and different yoga postures like Vrikshasana, Tadasana, Vakrasana, Vajrasana, Shashankasana etc. ended with Pranayam and prayer. The protocol as given by AYUSH Government of India was strictly adhere to.

Yoga is the gift of India to the world. It is a physical, mental and spiritual practice. It aims to raise awareness worldwide of the many benefits of practicing yoga. To bring in good health for the present generation this programme was organized so that students have an insight for their good health. Total 420 students in celebrating Yoga Day.

Ms.Ekta Jadhav Director of Physical Education Dr.G.H.Gidwani
Principal

St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS, PUNE An Autonomous (Affiliated to Savitribai Phule Pune University, Pune) INTERNATIONAL YOGA BAY - 2017 Date - 21 St June, 2017 Attendance Sheet Signature Name Esmath Esmath Dehlehanpur Geonaisans; Gayatri Sonawane Sakshi Dhile Snehanjali R. Yadav. heliayaris Shraddho . U. Gaikwad Doradcha Sucher Suchal Sinha Natter Namenta Datta Baby Baby Singh Relyanted xhalenat Perganka: Anju Tangid 10 Khan Zainas to other Teial Tambore 12 429 2 Kirankeilmolit Thank & 13 Examkaur 14 Shramana Kar 15 Pooja Sain 16 roays Anjali Gaur. Moksha Shah 17 Many o Mokeley 18 Kashneira Kas, homeera Rajpyto 19 Rahi Bhoste 20 Vaisha Gupta 21 summaiya Shaikh 22 unnai 23 Summaiger Siddiquer 24 Principal Incharge Director of Physical Education St. Mira's College for Girls, Pune.

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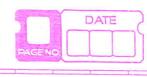
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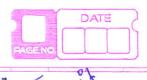
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St. Mira's College For Girls, Pune Autonomous (Affiliated to Savitribai Phule Pune University)

International Yoga Day (conducted Yoga session)

Date: 21st June 2017









Principal Incharge St. Mira's College for Girls, Puna.