



SYMBIOSIS COLLEGE OF ARTS & COMMERCE

An Autonomous College | Under Savitribai Phule Pune University

Reaccredited 'A+' with 3.51 CGPA For Third Cycle By NAAC | College with Potential for Excellence

International Day of Yoga 2022

Yoga training program on Common Yoga Protocol for 15 days.

Yoga Practical Sessions will be organized from

4th June 2022 to 21st June 2022 every day (except Sunday)

from **4.30 pm to 5.30 pm** in both offline and online mode.

Registration Link: <https://forms.gle/Efzuk3L8ZddmVRUs8>

Participants who have 100% attendance will be given a certificate of participation and a yoga mat as a gift from the college.

Dr. Hrishikesh Soman
Principal





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9th May 2022

International Day of Yoga 2022

Notice

For all Teaching, Non-Teaching, Administrative staff & Students

As per the circular received from University Grants Commission regarding the celebration of International Day of Yoga, our college will be organizing a Yoga training program on Common Yoga Protocol for 15 days i.e. from 4th June 2022 to 21st June 2022. Everyone is requested to register themselves for the same through this link <https://forms.gle/Efzuk3L8ZddmVRUs8>

Yoga Practical Sessions will be organized from **4th June 2022 to 21st June 2022** every day (except Sunday) from **4.30 pm to 5.30 pm** in both offline and online mode. Offline training will be conducted in AV Hall of SCAC (3rd Floor) and online training through Microsoft Teams.

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INSTRUCTIONS FOR THE PARTICIPANTS

- 1. Participants are expected to dress appropriately for yoga. Cotton, loose and comfortable clothing will facilitate ease of movements.**
- 2. Don't take class on a full stomach. The stomach should be empty for at least three hours before the yoga session. It is advisable to have a meal before 1.30 p.m.**
- 3. Participants are advised to use a proper yoga mat during the session.**
- 4. Participants attending Offline class need to take care of their own safety. It is advisable to do the movements carefully and as per one's ability and stamina. If you feel any discomfort, stop and take a break and contact your class teacher.**
- 5. Participants who have 100% attendance will be given a certificate of participation and a yoga mat as a gift from the college.**