

NAAC ACCREDITED (1st CYCLE) GRADE 'B' (CGPA 2.49)
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SPCFW/NSS/2026-27/006



Date: 16.06.2026

NSS Notice

International Yoga Day Session

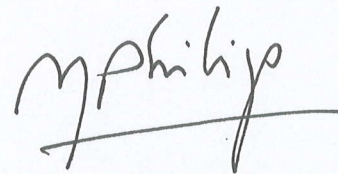
All the students and NSS Volunteers are hereby informed that on 20th June, 2026 at 08:00 am, the NSS Unit SB 031, St Pauls College for Women has organised a Yoga Session in observance of International Yoga Day. The objective of the session is to promote physical fitness, mental well-being, stress management and the importance of incorporating yoga into daily life for a healthy and balanced lifestyle.

The session will be conducted by Mrs Shweta Swapnil Raut, Yoga Trainer, who will guide participants through various yoga postures, breathing techniques and relaxation exercises.

Details of Session:

Date	: 20th June, 2026 (20.06.2026)
Time	: 08:00 am
Venue	: Alberione Hall, St Pauls College for Women
Dresscode	: NSS T-shirt and White T-shirt and Track Pant (Sportswear)
Resource Person	: Mrs Shweta Swapnil Raut – Yoga Trainer

The session is mandatory to attend for all the NSS Volunteers.



Dr Michelle Philip
(Principal)