

भारत सरकार
वाणिज्य और उद्योग मंत्रालय
विकास आयुक्त का कार्यालय
सीपज़ विशेष आर्थिक क्षेत्र
अंधेरी (पूर्व), मुंबई - 400096



Government of India
Ministry of Commerce & Industry
Office of the Development Commissioner
SEEPZ Special Economic Zone
Andheri (E), Mumbai - 400096

वेबसाइट: www.seepz.gov.in | ई-मेल: dcseepz-mah@nic.in | टेलीफोन: 022-28290856/28294700

CIRCULAR NO. 09 /2025

Sub: Observance of the "Fit India Mission from 3rd to 9th March, 2025 and International Women's Day on 8th March, 2025".

Ministry of Commerce & Industry has forwarded a copy of DO letter No. 01-10007(01)/16/2025-HO-Khelo India dated 18.02.2025 regarding Observance of the "Fit India Mission" from 3rd to 9th March, 2025 and "International Women's Day" on 8th March, 2025 seeking to actively involve women in a series of activities designed to promote physical fitness, mental well-being, healthy nutrition and social inclusion to drive the theme of "**Stronger her, Healthier Future**".

In this connection, this office is planning to organize activities to celebrate the "Fit India Mission and International Women's Day" as per the schedule given below:

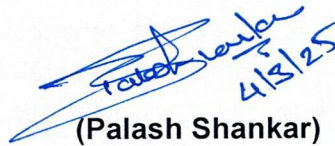
Sr. No.	Name of Activities	Date	Time	Venue
1.	Fit India Yoga Session, Sessions on Diet & Nutrition (By Shri Rahul Ramola, Holistic Wellness Coach)	05.03.2025	11 to 12 O'clock	Bharat Ratnam (Mega CFC), 5th Floor
2.	Mental Health & Wellness (By Dr. Swati Bharatkumar Suryawanshi, Psychologist)	06.03.2025	04:30 to 05:30 O'clock	BFC 2 nd Floor
3.	Sports Activities/Games for Women (By Ms Suchitra Indulkar)	07.03.2025	05 to 06 O'clock	Deval Talao
4.	Self Defence & Martial Arts Training Program (By Shri Balkrishna Shetty)	08.03.2025	11 to 12 O'clock	Bharat Ratnam (Mega CFC), 5th Floor
5.	Zumba (By Shreya Kelkar)	08.03.2025	12 to 01 O'clock	Bharat Ratnam (Mega CFC), 5th Floor

On this occasion, the staffs of DC Office, unit holders are requested to direct their female employees to attend the program organized by SEEPZ on the above date and time.

The HR from the unit may confirm the number of female participants to Smt. Smita Nambiar at 9820383632.

We are looking forward to your positive response and hope to see you at the event.

This issues with the approval of the Development Commissioner, SEEPZ-SEZ.


(Palash Shankar)
Assistant Development Commissioner
SEEPZ-SEZ, Mumbai

F.No.: SEEPZ-SEZ/ADMN/28/2001- 02/Vol-IV/03015

Date: 04.03.2025

Copy to:

1. DCO/JDCO/DDCO/SO
2. All Officers/Officials/outourced staff of SEEPZ
3. SEEPZ Website
4. Notice Board
5. All Units of SEEPZ