



## **NOTICE**

### **Sub: Registration for Yoga Session**

In this modern robotic world everyone is busy and that restlessness, tension and diseases have become a part of our lives. We have become so ambitious that we want everything without going in for hard work. Yoga has attained so much name and fame in the entire world and is playing an important role in our lives. The perception of yoga in present world is totally different as people practice it only for the benefits that it provides to an individual.

The present Yoga is practiced to be physically mentally and socially wellbeing. Yoga is a science as well as the art of living. For a healthy happy life, its effects are mostly internal. The practice of Yoga makes the body flexible and strong. It also improves the functioning of our body systems like Respiratory, Circulatory, Digestive, Excretory and Hormonal systems. Yoga exercises recharge the body with energy. Yoga can help fight fatigue and maintain your energy throughout the day. Yoga is an effective treatment for a variety of autoimmune diseases because it can reduce the symptoms these diseases often cause, such as stiffness, malaise, fatigue and weakness. Because yoga is a form of meditation, it results in a sense of inner peace and purpose, which has far-reaching benefits.

In the context above, the Directorate of Physical Education & Sports is going to conduct daily Yoga session for Students & Faculty. All the interested Students/employees are requested to register for the same in the office of undersigned by or before 15th of April 2022.

### **Time Table for Yoga Session from April to June 2022**

<b>S. No</b>	<b>Day</b>	<b>Time</b>		<b>Students/Faculty</b>	<b>Session Time</b>
1	Monday	10:00 am		Girls	25 minutes
2	Tuesday	10:00 am		Boys	25 minutes
3	Wednesday	10:00 am		Girls	25 minutes
4	Thursday	10:00 am		Boys	25 minutes
5	Friday	9:30 am		Girls	25 minutes

**Sd/-**  
**(Dr. Hilal Ahmad Rather)**  
**Assistant Director**  
**Physical Education**

**Dated: 11-04-2022**