



AZAD GROUP OF EDUCATIONAL INSTITUTIONS

(UNDER AUSPICES OF AZAD EDUCATIONAL SOCIETY)

Approved by AICTE/PCI/NCTE, New Delhi & Affiliated to AKTU/LU/BTEUP

Ref. No.: ATC/NOT/2023/238

Date: 19-06-2023

NOTICE FOR INTERNATIONAL YOGA DAY CELEBRATION

Dear Students, Faculty, and Staff,

We are pleased to announce that in celebration of International Yoga Day, a special yoga session has been organized on June 21, 2023.

Whether you are a beginner or have previous experience, this session is open to all. A yoga instructor will guide you through various asanas (postures) and pranayama (breathing exercises) to help you improve flexibility, balance, and overall health. We encourage everyone to participate in this event and discover the transformative power of yoga.

Event Details:

Date	:	June 21, 2023
Time	:	10:30 AM onward
Venue	:	Central Hall, ACB Block, Azad Group of Educational Institutions

Please come dressed in comfortable attire suitable for yoga practice and bring your yoga mats or towels. We recommend arriving a few minutes early to secure your spot.

We look forward to your enthusiastic participation in this event.

[Prof. (Dr.) Shafeeq Ahmad]
Director ATC

Copy to:

- ED, VC, AD, and DD for information, please;
- Director AIPR, Principal ADC(LU), Principal ADC(BTC);
- HoD App. Sc., BA, CA, EE, CSE, ME, CE, BT, Pharmacy;
- SWO, AO, CT&P, Asstt. Registrars (Acad./Estb.), AWS, Hostels Wardens, Librarian, SO, SSO;
- Website and all the Notice Boards.