



Anmol Arora <tecniawebsite@tecnica.in>

Fwd: International Yoga Day Celebrations - Day 2

1 message

Directortias <directortias@tecnica.in>

Wed, Jun 1, 2022 at 6:13 PM

To: Tecnia Student Welfare <studentswelfare@tecnica.in>, Fit India Youth Club <Fitindiayouth@tecnica.in>, Nss@tecnica.in

Cc: TIAS-Website <tecniawebsite@tecnica.in>, deanacademics@tecnica.in, Academic Cell <academiccell@tecnica.in>, Academic Cell <IQAC@tecnica.in>

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From: **All India Council for Technical Education(no-reply)** <admin@aicte-india.org>

Date: Wed, Jun 1, 2022 at 5:03 PM

Subject: International Yoga Day Celebrations - Day 2

To: <directortias@tecnica.in>

Dear All,
Greetings from AICTE-ATAL Academy!!!!

International Day of Yoga is around the corner and it's time to get fit, re-energized, and rejuvenated again

We, at AICTE, present a wonderful opportunity for you to join us for Online Yoga Classes with our expert yoga teachers.

Day 1 of the 15 days session has been completed on the theme "Introduction to Yoga", the session can be viewed through the below link.

- o **Day 1 Session Link:** - https://youtu.be/QZz_csn3sJs
- o **Day 2 Theme:** **Joint Mobility**
- o **Day 2 Session Link:** <https://www.youtube.com/c/MediaAICTE>
- o **Date & Time:** 2nd June from 12:30 pm

Ø Experience the true essence of yoga. Discover an authentic, accessible practice that deeply benefits mind, body, & spirit.

Ø Gain practical, life-enhancing yogic wisdom & insight into your "**Mind-Body-Soul**" well-being for greater health & vitality.

Click here to Register: - <https://forms.gle/ozC32FXpg7ft1Die9>

Note: - Please ignore if already registered.

You'll have the confidence to practice a full yoga sequence solo & have the tools to reset & rebalance, anytime.

Our experienced & certified Yoga teachers will expertly guide you at every step to achieve holistic health and wellness.



Customized daily Yoga sequence



Listen to one's body and focus on relaxing while in the posture



Coordinate breath with the asana flow



Inspire yourself with correct and helpful instructions



Our sessions end with a short guided meditation

PFA: <https://drive.google.com/file/d/1gfXgJr6qX4qaE1kLyVnbc1FuK8Nvsy/view?usp=sharing>

Warmest regards

Mamta Rani Agarwal

Advisor-I

AICTE Training and Learning, (ATAL), Academy, HQ

All India Council for Technical Education,

Nelson Mandela Marg, Vasant Kunj,

New Delhi- 110070

Phone no. 011-29581122





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All India Council for Technical Education-ATAL Academy
International Yoga Day Celebration



- ❖ *Day 2 Theme: - Joint Mobility*
- ❖ *Date & Time - 2nd June from 12:30 pm*

For registration

