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Fwd: AICTE Celebrating International Yoga Day -Regarding

1 message

Directortias <directortias@tecnica.in>

Tue, May 31, 2022 at 5:08 PM

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

Cc: TIAS-Website <tecniawebsite@tecnica.in>, deanacademics@tecnica.in, Academic Cell <academiccell@tecnica.in>, Academic Cell <IQAC@tecnica.in>, HOD BBA <hodbbba@tecnica.in>, HOD MBA <hodmba@tecnica.in>, hod bca <hodbca@tecnica.in>, HOD BAJMC <hodbajmc@tecnica.in>

----- Forwarded message -----

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

Date: Tue, May 31, 2022 at 5:07 PM

Subject: AICTE Celebrating International Yoga Day -Regarding

To: <directortias@tecnica.in>

Dear Sir/Madam,
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.

- v **15 days from 1st to 20th June 2022.**
- v **Time: - 12:30 - 1:00 pm**
- v **No Registration Fee**
- v **Click here to Register: - <https://forms.gle/ozC32FXpg7ft1Die9>**

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.

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

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

Link for Joining the Sessions: <https://www.youtube.com/c/MediaAICTE>



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/1wMdYWGRTXKNQ0aXSCDxxR2YLU7uKrAb/view?usp=sharing>

Warmest regards

Mamta Rani Agarwal

Advisor-I

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