



**TECNIA**  
INSTITUTE OF ADVANCED STUDIES  
GRADE 'A' INSTITUTE



**FIT**  
INDIA

**NSS & FIT INDIA**

*is Organizing*

**10<sup>th</sup>**

**INTERNATIONAL DAY OF**

**YOGA**



YOGA FOR HARMONY & PEACE

**योग स्वयं और समाज के लिए**

**Y-Break**

**THEME : YOGA AT OFFICE**



**21<sup>st</sup> JUNE, 2024**

**09:15 AM onwards**

**Venue : MPH Hall, TIAS**

Programme Officer

**Dr. Deepika Joshi**

National Service Scheme (NSS)

Programme Officer

**Mr. Abhishek Maheshwari**

Fit India



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**INTERNATIONAL DAY OF**

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**योग स्वयं और समाज के लिए**

*Video Contest*

**THEME : YOGA WITH FAMILY**



**21<sup>st</sup> JUNE, 2024**  
**Submission Deadline**

Mode : Online

Programme Officer

**Dr. Deepika Joshi**

National Service Scheme (NSS)

Programme Officer

**Mr. Abhishek Maheshwari**

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TECNIA INSTITUTE OF ADVANCED STUDIES

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Ref No.: TIAS/Dean Academic/2023/24/017

Date: 20/06/2024

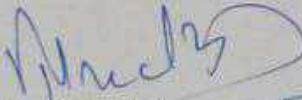
Notice

**Subject: Arrangements for Yoga (Y-Break) Activity on International Yoga Day 21 June 2024.**

In order to comply the Notice bearing No. P-29/NSS/RDD/2024-25/30 dated 13/06/2024 regarding conducting activities on International Yoga Day, following steps are required to be taken-

1. Admin is required to arrange preparedness of MPH Hall PG Building for Yoga from 9:15 Am to 10:15 Am.
2. Ms. Isha Sharma is to book MPH for above purpose.
3. Dr Gopal Thakur, Faculty BA (JMC) to take up as resource person for Yoga activities during Y-Break.

**Note: All faculties/staff members are hereby advised to bring loose and comfortable attire with them for a comfortable experience during Yoga Activity.**

  
(Dr. M. N. Jha)  
Dean Academics 20/06/24

Director/TIAS: This has reference to your approval please.

HoDs: MBA/BBA/BA (JMC)/BCA/MCA

Event In-Charge

PRO

HR TIAS

Admin