

CIRCULAR

Date: 4.11.2022

FIMT-School of Education, is organising Yoga Workshop named as "Yog Shivr" by Patanjali "Yog Peeth" under IQAC cell, for the students of courses B.Ed, B.Com.(H), BCA, BBA(GEN), BAJMC, BA-ECO, BA .ENG(H).

Details of the event:

- **Date:** 7th November to 11th November 2022
- **Time:** 10 A.M to 11 A.M
- **Venue:** Wing "B" Auditorium

The event will focus on:

1. To make students aware about the importance of yoga to be healthy
2. To experience how yoga helps to release the stress in their lives
3. To inculcate yoga in their routine to stay fit and happy.
4. To have balance between developmental aspects.
5. To have balanced personality.
6. To have a knowledge how yoga helps in mindfulness.

Manish -
4/11/22
Event-Incharge
SOE-FIMT

Manish -
4/11/22
Director
FIMT

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IQAC Head
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