



NOTICE

Yoga Class Schedule:


Days	Monday-Saturday (Sunday is weekly off)
Time	Morning: 5:45 AM to 6:45 AM and 6:45 AM to 7:45 AM
	Evening: 5:30 PM to 6:30 PM and 6:30 PM to 7:30 PM
Venue	Yoga Room, Student Activity Center, NIT Hamirpur

Participation and Requirements:

- This free yoga class is open to all students, faculty, staff, and their family members of NIT Hamirpur.
- No prior experience in yoga is necessary.
- Please bring your water bottle, an open mind and a positive attitude.
- Wear comfortable clothing suitable for yoga practice.

For any inquiries or additional information, please contact yoga instructor Mr. Rajesh Kumar (9805873093). We look forward to seeing you at the Yoga Classes and wish you a rejuvenating and enriching experience.


Dean 27/06/25
(Student Welfare)


Faculty Incharge 27/06/25
(Yoga)

No. NIT/HMR/DSW/ 497 - 545

Dated: 27/06/2025

Copy to:

- PS to Director for the kind information of Director, NIT Hamirpur (HP).
- PA to Registrar for the kind information of Registrar, NIT Hamirpur (HP).
- The Associate Dean (Student Activities & Scholarships), NIT Hamirpur (HP) for information.
- All the students and staff members of NIT Hamirpur for information and compliance.
- Faculty In-charge, Computer Centre, NIT Hamirpur (H.P.) with a request to display the notice on the Institute Website for information to the students and staff members of NIT Hamirpur.
- Chief Warden and all Wardens to display on hostel notice board.
- All Heads of the Department to display on the Departmental notice board.