



{OFFICE OF Dean (Student Welfare)}

NOTICE

We are excited to announce the commencement of Morning and Evening Yoga Classes at NIT Hamirpur w.e.f. 06-11-2024. NIT Hamirpur believe in the holistic well-being of students and staff, and yoga is an excellent way to enhance physical health, mental clarity, and overall balance.

Yoga Class Schedule:

Days	Monday-Thursday, Saturday and Sunday (Friday is weekly off)
Time	Morning: 6:30 AM to 7:30 AM and 7:30 AM to 8:30 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

Special Note for Sunday Morning Yoga: Sunday's morning yoga class (7:30 AM to 8:30 AM) will be held at the Institute Main Ground, if the weather permits. For outdoor classes on Sunday, participants are required to bring their own yoga mats. In case of inclement weather, the class will be conducted indoors at the Yoga Room, Student Activity Center.

About the Class:

Yoga classes will be conducted by our experienced yoga instructor who will guide you through various yoga postures, breathing exercises, and meditation techniques. Whether you are a beginner or an experienced yogi, these classes are open to everyone, and modifications will be provided to suit all levels of practice.

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.

We encourage you to take advantage of this wonderful opportunity to embrace a healthier lifestyle and nurture your well-being. Your participation in these yoga class can be a great way to start your day with a sense of balance and positivity.

For any inquiries or additional information, please contact Mr. Aashish (8626865989) or Ms. Jyoti (8351845736). We look forward to seeing you at the Yoga Classes and wish you a rejuvenating and enriching experience.

Dean

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राष्ट्रीय प्रौद्योगिकी संस्थान हमीरपुर (हि.प्र.)
National Institute of Technology, Hamirpur (H.P.) 90

Faculty Incharge
(Yoga)

Dated: 06/11/2024

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.