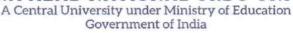


## मौलाना आज़ाद नेशनल उर्दू यूनिवर्सिटी مولانا آ زادنيثنل أردولو نيورسى MAULANA AZAD NATIONAL ÜRDU UNIVERSITY





## शारीरिक शिक्षा एवं खेल निदेशालय Directorate of Physical Education & Sports

## <u>परिपत्र / CIRCULAR</u> Commencement of Yoga Classes for students and staff

सं./No.MANUU/DPE&S/2025-26/890

दिनांक /Date:28.08.2025

विषय / Sub :- DPE&S - Commencement of Yoga Classes for students and staff as part of the fitness and lifestyle programs - Regarding.

In order to promote Physical Fitness, mental well-being and stress management among students / staff, The Directorate of Physical Education & Sports is pleased to announce the commencement of Yoga Classes for all the interested members.

The details are as under:

- ➤ Venue: Indoor Stadium, Directorate of Physical Education & Sports.
- > Commencement Date: From 01.09.2025 (thrice a week- Monday, Tuesday, Wednesday)
- > Timings: 06:00 PM to 7:30 PM
- > Eligibility: Open to all students / Staff / Family members of Staff of MANUU
- Registration: Interested participants may register their names at the Directorate of Physical Education & Sports.

All members are encouraged to actively participate and make Yoga a part of their lifestyle. Yoga contributes to improve concentration, reducing stress and enhancing overall health.

Directorate of Physical Education & Sports

Copy to:

- 1. Office of the Hon'ble Vice-Chancellor
- 2. Office of the Registrar
- 3. Office of the OSD-I, OSD-II
- 4. Chairman (GSC)
- 5. The Director (CIT) to upload on the University website.