

शारीरिक शिक्षा एवं खेल निदेशालय
Directorate of Physical Education & Sports

परिपत्र / CIRCULAR
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.


Deputy Director

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.