



National Service Scheme
Sri Arvind Mahila College, Patna
Accredited by NAAC with B⁺ Grade
(A Constituent Unit of Patliputra University, Patna)



Date: 19th June 2020

NOTICE

International Yoga Day Celebration

Subject: International Yoga Day 2020 – Online Yoga Session

This is to inform all students that, on the occasion of **International Yoga Day 2020**, the **Home Science Department** in collaboration with **NSS Units 1 & 2** of **Sri Arvind Mahila College** will be organizing an **online yoga session** to promote the importance of yoga for physical, mental, and spiritual well-being.

The session will be conducted by renowned yoga instructors **Aditi Jain** and **Ekta Jain** from **Indore**, and moderated by **Dr. Vimi Singh**, Head of the Home Science Department. The session will cover various **yoga postures (asanas)**, **breathing techniques (pranayama)**, and **mindfulness practices**.

Event Details:

- **Date:** 21st June 2020
- **Time:** 8:00 AM – 9:00 AM
- **Mode:** Online (Link will be shared with registered participants)
- **Organized by:** Home Science Department & NSS Units 1 & 2
- **Program Officers:** Dr. Geeta Kumari, Dr. Rita Singh
- **Moderator:** Dr. Vimi Singh

Instructions:

- All students and faculty members are encouraged to participate in this session.
- Please **register your name** with the NSS office by **20th June 2020** to receive the online session link.
- Participants should wear **comfortable attire** suitable for yoga practice.

Geeta Kumari

Dr Geeta Kumari
Programme Officer
NSS Unit 1

Rita Singh

Dr Rita Singh
Programme Officer
NSS Unit 2