

Ref: Office2/Dean/CSR-NSS/2024/12

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NOTICE

Fitness & Yoga Sessions – A Step Towards a Healthier Life!

Dear Faculty Members and Students,

The **CSR Club/NSS Unit of MERI** is pleased to organize **Fitness & Yoga Sessions** on **April 1, 2024**, to promote **physical well-being, mindfulness, and a healthy lifestyle**. This session is designed to help students and faculty understand the benefits of **yoga, meditation, and fitness exercises** in achieving mental clarity, reducing stress, and improving overall health.

Session Highlights:

Expert-Led Yoga & Fitness Training – Learn **postures, breathing techniques, and stretching exercises**.

Surya Namaskar & Pranayama – Boost flexibility, endurance, and mental peace.

Fitness Exercises – Improve **strength, balance, and body posture**.

Guided Meditation for Stress Relief – Relax your mind and improve focus.

Date: April 1, 2024

Venue: MERI College Campus

Take a break, stretch, and rejuvenate! **Join us in this holistic wellness session to build a healthier body and a calmer mind.**

Club Coordinators:

Prof. (Dr.) Deepshikha Kalra, DEAN, MERI

Ms. Shweta Ahuja, Faculty Coordinator

Mr. Pawan Kishore Jha, Faculty Coordinator

CC:

All Notice Boards

DM Team: For website upload

All Faculty Members and Staff: For information please

HOD-(JMC): For information please

HOD-(HR): For information please

HOD-(IT): For information please

Dean: For information please

CFO: For information please

Vice President: For information please

Student Coordinator:

Tarun Vashihst

Lavanya