



INSTITUTE OF INNOVATION IN TECHNOLOGY & MANAGEMENT

Affiliated to GGSIP University

'A' Grade by GNCTD, A+ by SFRC, NAAC Accredited

(ISO 9001-2008 Certified)

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Date: 18-06-2022

Notice No: 1361

'Yoga Workshop for Physical and Mental Well-being'

All the faculty and staff members are hereby informed that **Dayitva**, the CSR club of Institute of Innovation in Technology and Management is organising a Yoga Workshop for physical and Mental Well-being on the occasion of International Yoga Day. The workshop would be conducted on 21st June 2022 at 8:30 am in basement (outside Auditorium). All of you are requested to bring your yoga mats for the session.

Note: All the faculty and staff members are required to reach the institute by 8:25 am on 21st June 2022.

Faculty Coordinators:

Dr. Nitya Khurana

Ms. Neha Gulati

Mr. Rahul Anand

Prof. (Dr.) Monika Kulshreshtha

Director

CC: 1. Students Notice Board
2. Institute's Website
3. Notice File.