



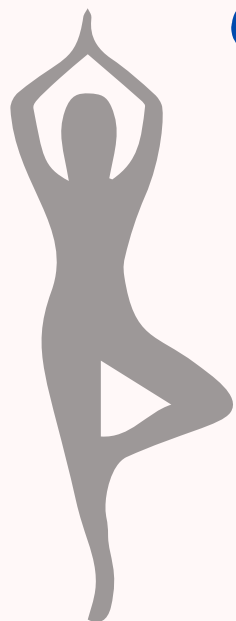
St.Xavier's Institute of
Education



नैरुज्यम्" Club of SXIE 2022-2023

WELCOMES YOU ALL FOR A VIRTUAL YOGA DAY
CELEBRATION IN LIEU OF INTERNATIONAL YOGA DAY

On the Theme "Yoga A Way to Healthy Life"



Ms. Premlata Kashyap
Yoga Guru and Fitness Guide



On Friday 24th June, 2022
from 8.45 a.m. to 10.15 a.m.

Dr. Geeta Shetty
In-charge Principal

Health Cell in-charge: Priti S
Health Cell Team

Dear Students,

Please note the following

1. You are required to wear loose and comfortable clothes for tomorrow's session.
2. Switch your cameras on as the resource person would be teaching a few yoga asanas.
3. Attendance is compulsory
4. The session would begin at 8.45 a.m. Log in 10 minutes prior to the session.
5. The session will be recorded.

Dr.Geeta Shetty
In-charge Principal

Ms.Priti Sivaramakrishnan
Health Cell