

NOTICE

All F.E. students are requested to assemble in their respective classrooms on August 14, 2017 at sharp 8.30 a.m.

You are required to follow the following set of instructions:

1.Wear loose/ comfortable clothes for the yoga session.

2.Carry a yoga mat or an appropriate substitute for it (eg. a big thick towel).

3.Have light breakfast approximately one and a half hour prior to the yoga session.

4.Carry a water bottle and napkin.

Note:

Students will be given a short break from 11a.m. to 11.30a.m. (post the practical yoga session) and lunch break from 1.15p.m. to 2p.m. (post the talk).

*Mrs. Shirly Chacko
HOD-BSH Dept.*