MEERUT
INSTIUTE OF
TECNOLOGY

Meerut Institute of Technology, Meerut

Date: 18 June 2025

NOTICE

Subject: Celebration of International Day of Yoga – 21st June 2025

This is to inform all students, faculty, and staff that **Meerut Institute of Technology, Meerut** will be celebrating the **International Day of Yoga** on **Saturday, 21st June 2025**.

The event aims to promote physical and mental well-being through the practice of yoga. All are cordially invited to participate in the celebration and make it a success.

Event Details:

Date: Saturday, 21st June 2025

Time: 6:30 AM – 7:30 AM

Venue: College Ground, MIT Meerut

Dress Code: Comfortable Yoga/Track Suit (Preferably White)

Highlights of the Event:

- Common Yoga Protocol session
- Breathing and relaxation techniques
- Expert talk on the benefits of yoga
- Certificate of Participation for all attendees

All participants are requested to bring their and arrive at least **15 minutes before** the start time.

Let us come together to celebrate health, harmony, and inner peace through yoga!

KLKhan 18/6/2025

Prof. (Dr.) K.L.A. Khan
Director

Coordinator
Mr. Parvesh Kumar, Mr. Navneet Kumar
Department: - Sports
Meerut Institute of Technology, Meerut

Copy to:

1. Hon'ble Vice Chairman Sir – for kind information please
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3. Principal-Pharmacy
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