



NOTICE

2 JANUARY 2025

THIS IS TO NOTIFY TO ALL (TEACHERS/NT STAFF/STUDENTS) THAT A YOGA SESSION ON INNER ENGINEERING OF ISHA FOUNDATION COIMBATORE CONDUCTED BY SILIGURI TEAM FROM ISHA UNDER THE PATRONAGE OF MISS DEBOSREE LAL.

DATE: 6 JANUARY 2025

TIMING 1130 AM TO 1245 AM

PLACE: SEMINAR HALL

ALL ARE REQUESTED TO TAKE PART IN THIS SESSION AND TAKE THE BENEFIT OF YOGA-SADHNA AND HEAL YOUR INNER BLOCKAGE AND MENTAL FATIGUE.

YOU ARE ALL REQUESTED TO HAVE LIGHT FOOD IN THE MORNING AND PUT ON LOOSE ATTIRE FOR THE COMFORT DURING YOGA SESSION.



PRINCIPAL

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Uttar Banga Maheshwari College

COPY TO: THE CHAIRMAN

DR. N.C. PAUL, MENTOR