Abhyuday, Department of Counselling, Welfare, Training & Placement NMAM institute of Technology, Nitte- 574110

5th June, 2017

**YOGA classes on campus for lady non teaching staff**

This is to invite applications from all interested non teaching lady staff members of NMAMIT for 20 sessions of YOGA classes to be held in Abhyuday from 11.30 AM to 12.15 PM on three alternate days in a week, Mondays, Wednesdays and Fridays. The course would begin on Monday the 12th June, 2017 in Abhyuday hall.

Interested may please register at Abhyuday with a commitment to make the best use of opportunity being provided, by 8th June, 2017.

There would be no fee. The teacher would be Miss Anusha of Team Abhyuday.

The Yoga pupils would be required to wear loose comfortable clothing other than saree for the purpose. They may carry a yoga mat or dhurrie for the purpose.

All good wishes.

Shalini k.sharma Principal





