

Invitation for a Session on the “Importance of Yoga and Meditation in Day to Day Life” on the 28th June 2018 from 3.00 pm to 5.00 pm.

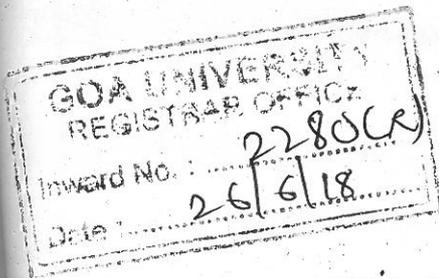
Dear All,

Our Department has arranged for a session on the “Importance of Yoga and Meditation in Day to Day Life” on the 28th June 2018 from 3.00 pm to 5.00 pm in the Silver Jubilee Hall for all our students and staff as part of the International Yoga Day Celebration which we could not arrange on 21st June 2018 due to other commitments. This session is open for interested students from all Departments of our University.

The session will be conducted by Jusstine Shon, a Senior faculty from the Art of Living Foundation, Bangalore. During this session he will explain the usefulness of yoga and demonstrate Yoga Asanas which are beneficial to students.

All Students are requested to have lunch by 1.00 pm, wear comfortable clothing and carry a Yoga mat if they have one. Attendance for this session is compulsory.

HOD, CST



(4)

DEPARTMENT OF COMPUTER SCIENCE & TECHNOLOGY

Date:- 25/06/2018

NOTE

The Department wishes to invite Shri Justine Shon to take a session on the "Importance of Yoga and Meditation in Day to Day Life" on the 28th June 2018 from 3.00 pm to 5.00 pm. Justine Shon is a Senior teacher from Mumbai of the Art of Living Foundation, Bangalore. He is currently in Goa.

During this session we plan to request him to explain the usefulness and demonstrate Yoga Asana which is beneficial to students.

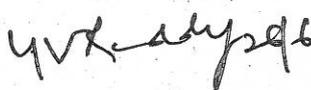
We would like to organise this session in the Silver Jubilee Hall for all our students, staff and also leave it open for other departments.

Submitted for approval please,


HOD, CST

To,

The Registrar,
Goa University

Approved


HOD, CST

on
16/6/2018