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Tel: 0522-2772194, 2772189

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To,

The Director
All affiliated institutions of AKTU, Lucknow

Sub: Free Yoga classes for one month beginning 9th April 2024

Dear Sir,

I hope this finds you well.

I am writing to share an exciting opportunity for our students. Habuild is offering **free 30-day yoga sessions** starting April 9th, 2024 to enhance their focus and energy levels.

HABUILD is an online platform that has introduced India's first yoga habit-building program, creating a unique space for developing healthy habits. It's led by IIT-IIM graduates, the yoga instructor is an IIT-BHU alumnus with over 10 years of yoga teaching experience.

A community of over 22 lakh members from more than 92 countries, with around 1.46 lakh active users. They've recently set a Guinness World Record on Vivekananda Jayanti (January 12), drawing about 246,252 participants to the largest online yoga session, highlighting its global reach and influence.

By joining the free 30-day sessions, students will reap practical benefits, including:

- **Enhanced Concentration: Students show improved focus, boosting academic performance.**
- **Increased Energy: Natural vitality helps them manage demanding schedules effectively.**
- **Stress Reduction: They utilize yoga techniques to navigate academic pressures smoothly.**
- **Improved Physical Health: A stronger physique counters the negatives of a sedentary lifestyle.**
- **Better Sleep Routine: Quality rest enhances their overall mental and physical health.**

Each batch is 45 minutes long, and the timings are as follows:

Morning- 6:30 AM, 7:30 AM, 8:30 AM

The schedule for the free 30-day yoga sessions is designed to fit easily around students' regular class times.

We kindly request your support in circulating this information among the colleges, students, faculty members, staff and their families, to ensure that as many persons as possible can benefit from this opportunity.

With kind regards and best wishes.

Prof Manish Gaur
Pro Vice-Chancellor
and
Director, IQAC