

Anjuman-I-Islam's  
M.H.Saboo Siddik College of Engineering  
8, Saboo Siddik Polytechnic Road, Mumbai-08

Circulation

for

24.05.2022

Ref.no CE/Admn/803/22

Date: 24/9/2022

## CIRCULAR

### Formation OF YOGA CLUB

YOGA brings together physical and mental disciplines to achieve a peaceful body and mind: it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality.

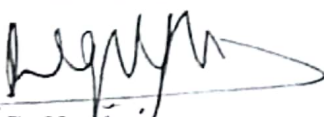
WDC would like to introduce YOGA CLUB for Female staff and students to have the following benefits.

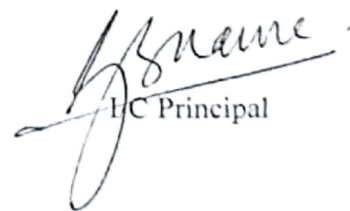
- Mental Benefit
- Heightened Concentration
- Strength and Flexibility
- Discipline and Mindfulness in Life:

This Club will conduct / organize yoga sessions to female staff which would be beneficial for their improvement in fitness. The sessions will be conducted every Tuesday and Friday 4.00 pm to 5.00pm from October 2022. Depending on the availability of the staff they can join any of the session.

Venue: Alma Latifi Hall

Trainer: Internal Staff

  
WDC Head

  
I/C Principal

CC to:

1. Director
2. Dean(Academic Affairs)
3. All HODs(Comp/Elex/Extc/Mech/Civil/It/CS)
4. I/C (H&S)
5. Registrar
6. Accounts/Lib/TPO/W/S/Maint/Exam Cell