

**Ref. GMGC/ADMIN/21-22/No. 260**

**Date: 10/11/2022**

Aerobics, Fusion workout and Yoga Session for the students of all semesters will be held on all Saturdays from 8.30 am to 9.30 am in the college premises. The fitness programme would include Vinyasa Yoga, Free hand & basic aerobics exercise, Pilates, Fusion workout, meditation and pranayam to improve memory, stress management, digestive issues, posture & immunity, energy, spinal flexibility, height and concentration.

The department -wise schedule for the above will be as follows:-

<b>Date</b>	<b>Department</b>	<b>Semester</b>	<b>Instruction</b>
16/11/2022	PHSA EDCA CEMA	5	All should carry their hydration. It is recommended to wear shoes/sports shoes.
19/11/22	CNDV ASPV HINA	5	
26/11/22	MTMA ECO PHIA	5	
3/12/22	PSYA	5	
10/12/22	ENGA	5	
17/12/22	HISA PLSA	5	
24/12/2022	CMEV BNGA	5	
7/01/2022	GEOA	5	

All students are asked to attend. Teaching and non-teaching staff are also welcome to join.