



**SHRI RAMSWAROOP MEMORIAL COLLEGE OF ENGINEERING & MANAGEMENT,  
TIWARIGANJ, AYODHYA ROAD, LUCKNOW-226028**

SRMCEM/D.O./Notice Genl/2024-25/83

Date: 09/06/2025

**NOTICE-GENERAL**  
(Yoga week during 16<sup>th</sup> to 21<sup>st</sup> June 2025)

In view of International Yoga Day, our Institute is organizing to celebrate **Yoga Week from 16<sup>th</sup> to 21<sup>st</sup> June 2025** by promoting physical, mental, and spiritual well-being among students, faculty, and staff. The week will focus on increasing awareness of the benefits of yoga through a series of engaging activities, culminating in the celebration of International Day of Yoga on 21st June.

**Theme-** "Yoga for One Earth, One Health"

**Date:** 16<sup>th</sup> June to 21<sup>st</sup> June 2025

**Venue:** A - Block Seminar Hall

**Schedule:**

Sr. No.	Date	Activity	Time
1	16 <sup>th</sup> June 2025	Introduction to Basic Yoga Abhyas	9:00 AM – 9:30 AM
2	17 <sup>th</sup> June 2025	Morning Yoga Session	9:00 AM – 9:30 AM
3	18 <sup>th</sup> June 2025	Yoga for Academic Stress Relief	9:00 AM – 9:30 AM
4	19 <sup>th</sup> June 2025	Yoga Nidra Session	9:00 AM – 9:30 AM
5	20 <sup>th</sup> June 2025	Meditation Session	9:00 AM – 9:30 AM
6	21 <sup>st</sup> June 2025	International Yoga Day Celebration	9:00 AM – 9:30 AM
End of Program			

All HoDs, faculties, staff, Lis, LTs & students are requested to participate in the Yoga Week Celebration as per schedule given here-in-above.

The above Yoga Session will also be in virtual mode for the above mentioned period. You can also join the Session on the zoom link given here below: -

Join Zoom Meeting

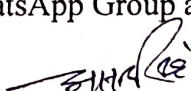
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[in.zoom.us/j/98474055724?pwd=7ivAS5R0umqHiEAOXibFanw0pu9oIC.1](https://maashantienterprises-in.zoom.us/j/98474055724?pwd=7ivAS5R0umqHiEAOXibFanw0pu9oIC.1)

Meeting ID: 984 7405 5724

Passcode: 123456

HoDs (Academics) are also requested to disseminate this notice among the students' WhatsApp Group and encourage them to participate in this event.

  
(Anand Pratap Singh)

Yoga Instructor

SRMCEM, Lucknow

  
Prof. (Dr.) Bhavesh Kumar Chauhan

Director,  
SRMCEM