



राष्ट्रीय प्रौद्योगिकी संस्थान मेघालय  
(शिक्षा मंत्रालय भारत सरकार के अधीन राष्ट्रीय महत्व का एक संस्थान)  
NATIONAL INSTITUTE OF TECHNOLOGY MEGHALAYA

(An Institute of National Importance under Ministry of Education, Govt. of India)

NITMGH/AA/Notice\_students/2021-22/68

Dated: 3rd August 2021

**Notification on Online Yoga Class for B.Tech students**

This is to notify to all students that,

1. The Yoga class shall be an audit course and is compulsory for all B.Tech students from 1<sup>st</sup> to 4<sup>th</sup> years. Thus, a minimum attendance of 75% is must for each student.
2. The classes will be conducted on Wednesday and Saturday from 7.00 am to 8.00 am **starting from 04/08/2021**. Wednesday classes shall be for 1<sup>st</sup> and 3<sup>rd</sup> years and Saturday classes shall be for 2<sup>nd</sup> and 4<sup>th</sup> year students.
3. The classes will be taken by Mr. Gurumayum Solophin Sharma, (Yoga Therapist). However, the respective faculty advisors shall be responsible for smooth and regular conduction and attendance by the students.
4. Each of the Yoga classes will be done through live streaming link of Google meet. Faculty advisors can share Google Meet live link to the respective students.
5. The Google meet link where the trainer is live will only be shared with the faculty advisors. Thus, if any student wants to interact with the trainer, it should be done through the faculty advisors only.

Assistant Registrar (AA)

Copy to:-

1. AR (DR), for kind information of the Director.
2. All Deans, for information.
3. All HoDs, for information and needful.
4. President, Student Activity Center (SAC), for information.
5. Faculty Advisors, for information and needful.
6. All Faculties and Trainee Teachers, for information and needful.
7. Student e-notice.
8. Concerned file.