

Prof. Manish Gaur

Pro Vice Chancellor

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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 & faculty. **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.**

With a community of over 30 lakh users from more than 92 countries, 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.

Sessions are held online and each batch is 45 minutes long.

Timings are as follows:

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

Evening - 7.00 PM, 8.00 PM, 9.00 PM

How to register?

Students can register through the following link:

<https://aktu.habit.yoga/>

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