

File No.1-09/Admn/Yoga Day/2019(Vol-III) 3rd March 2023

**Circular**

The Yoga Committee of the North-Eastern Hill University, Shillong is organising a **lecture on Yoga & Health on the 9th of March 2023 at the VC’s Conference Hall at 3.00 pm to 4.30 pm.**

Above lecture will be delivered by Dr. Vijay Kumar, Principal In-charge, Professor & Head, Department of Swasthavritta & Yoga, North-Eastern Institute of Ayurveda & Homoeopathy (NEIAH), Shillong

All are cordially invited to participate.

This is issued as per decision and direction of the University Level Yoga Committee (YLYC)

Sd/-

**(N. Das)**

**Convener**

**University Level Yoga Committee**

**NEHU, Shillong, Meghalaya**