

**Ref. No.:** IMPACT/NOTICE/232/2026

**Date:** March 18, 2026

**NOTICE**

Dear all,

This is to inform all **teachers, staff members** and **students** that **100 days** of free live **yoga sessions** are being conducted under the **Yoga 365 campaign**.

The sessions aim to **raise awareness about the numerous physical and mental health benefits** of incorporating yoga and pranayama into daily life.

The NSS Coordinator is especially requested to spread awareness about the benefits of **yoga** among **students and employees** and encourage and motivate them to include yoga as a part of a disciplined routine.

The registration link for the free yoga session is provided below for Registration Process.

Link: - <https://moa.habit.yoga/?ref=moMYAS>



**Principal**  
**Impact College, Patna**

Principal