

Hope Friday's session with Yoga Guru, Upen Malik was beneficial !



Employee
feedback

Total participation : 190
• 66% : Excellent
• 34% : Good



Join Weekly Yoga sessions with Upen Malik
Every Wednesday & Friday
4:00pm to 4:30 pm



Schedule for the weekly Yoga sessions:

Date	Day	Time
5 th May	Wednesday	4:00 pm to 4:30 pm
7 th May	Friday	
12 th May	Wednesday	
14 th May	Friday	
19 th May	Wednesday	
21 st May	Friday	
26 th May	Wednesday	
28 th May	Friday	

Topic: Strengthening of lungs!
Breathing exercises, Pranayama,
Pruning and many more..

Block your calendars!
See you on MS Teams