

Dear Sir/Madam,

Greetings from All India Council for Technical Education..!!

As you are all well aware, our country is in crisis owing to **Covid -19** pandemic. The Lockdown has made Indian citizens work from homes. It is the right time to build our immunity systems. Hence Dr. H R Nagendra, Hon'ble Chancellor, **SVYASA** Yoga University, Bengaluru and Padmasri Awardee 2016 and Dr R Nagarathna, Medical Director, SVYASA Yoga University, has developed Yoga modules in the form of Videos which can be practiced twice a day.

The Video links are as follows:

- 1.<https://www.youtube.com/watch?v=vIZjs0OYvec&t=200s>
- 2.<https://www.youtube.com/watch?v=N64PCuHcW0>
- 3.<https://www.youtube.com/watch?v=jRQLW69VjnI&t=32s>
- 4.<https://www.youtube.com/watch?v=t1R95DOKebs&t=6s>
- 5.<https://www.youtube.com/watch?v=WFSGo-GR-TQ&t=951s>

AICTE requests to you please download them on your mobile/WhatsApp/Laptop/PC and can be practiced by you and members of your family. These practices give tremendous mental strength and drive away any possible stress. Please forward these links to people you know so that many could be benefited.

With Regards,
AICTE