



ASSAM UNIVERSITY SPORTS BOARD

SILCHAR - 788 011, ASSAM INDIA.

Email: assistantdir_sports@aus.ac.in

No.AU/SPE/158/15

Dated: 31-08-2026

NOTIFICATION

Yoga Training/Practice sessions

This is kindly to notify to all Assam University fraternity including Teaching Staff, Non-Teaching Staff, Research Scholars and Students that Yoga classes are being held regularly. The classes of Yoga will be conducted on every Friday, Saturday and Sunday in the **Community Hall, Assam University, Silchar at 7AM**. All are requested to come and join the Yoga classes.

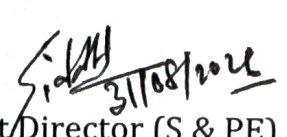
Name of the Instructor: Saptashikha Dhar

Contact No: 8638552458


Dr. Siddhartha Sarma
Assistant Director (S & PE)
Assam University, Silchar
Asstt. Director (S & PE)
Assam University, Silchar

Copy to:

1. PS to VC for kind information of the Hon'ble Vice Chancellor.
2. Registrar for kind information.
3. HODs of Academic Depts. for wide circulation amongst students and research scholars.
4. COE, Librarian, Director(CDC), Director, IQAC for kind information.
5. Director, CC for kind uploading in the University Website.
6. DSW / Proctor for wide circulation amongst students and research scholars.
7. Security and Vigilance Officer.
8. File.


Assistant Director (S & PE)
Assam University, Silchar
Asstt. Director (S & PE)
Assam University, Silchar