



AKC YOGOTSAV 2025

As part of

YOGANDHRA 2025

International Yoga Day Celebrations

Inner Stillness: A Journey into Meditation

In Collaboration with

Isha Foundation, Chittoor

**Exclusive Wellness Session for AKC Staff &
Family (Including Residents)**

Date: 17th June 2025 | Time: 7:00 AM – 8:00 AM

Venue: Car Parking, Behind Library

- Yoga, Breathwork & Meditation
- Pranayama, Sheetal, & Dhyana
- Daily Wellness Tips

**Register by 16th June 2025 with Dr. Kavitha S
(kavitha_s@apolouniversity.edu.in)**

Or WhatsApp at 9025539159

**Entry is limited to 70 participants and will be
filled on a first-come, first-served basis.**

Yoga and Meditation Club, TAU

