



Date:18.09.2021

Circular



‘FITNESS KE DOSE AADHA GANTA ROZ’

The Department of Physical Education is going to start “*Yoga Training Sessions*” for all female faculty, staff and students (M.Tech & Ph. D) w.e.f. 18.09.2021. Interested participants are requested to avail the facility and maintain your fitness levels. You may contact **Mrs. T. Sandhya Rani**, SAS Assistant for further information.

Timings: For M.Tech. and Ph.D. girl students - **6:30 AM to 7:30 AM & 5:00 PM to 6:00 PM** for Female Faculty and Staff.

Venue: Girls Hostel for M. Tech. and Ph.D. girl students and Room No. 121, Academic Complex for faculty and staff.

The detailed schedule of Yoga Training Sessions is given below:

Day	Asanas, Pranayamas, Kriyas and Meditation
Monday	Surya Namaskars - Standing Asanas and Relaxation Asanas
Tuesday	Surya Namaskars - Sitting Asanas and Relaxation Asanas
Wednesday	Surya Namaskars - Prone Asanas and Relaxation Asanas
Thursday	Surya Namaskars - Supine Asanas and Relaxation Asanas
Friday	Pranayamas and Kriyas Practices
Saturday	Meditation Techniques Practices

Sd/-

Faculty in-charge, Sports & Games