

SINHGAD COLLEGE OF PHARMACY, PUNE

NOTICE FOR STAFF AND STUDENTS

REGULAR YOGA PRACTICE

No. SCOP/2017/yoga/2

22.11.2017

As we all aware the Meditation cum Yoga centre has been developed in our college from 20.07.2015 and it will conduct regular Yoga practice sessions on every Saturday from 25.11.2017 onwards (time: 7.15 am to 8.15 am). All interested students and staff shall take the benefit of this opportunity for their Physical, mental, emotional and spiritual benefit and enjoy a healthy life. This practice is free of cost and there is no charge for registration and training.

Remember: *Please bring following items for effective practice. These items are desired but not compulsory.*

- *Wear a comfortable dress*
- *1 note book, 1 pen*
- *1 Mat/blanket*
- *1 napkin*

Note:

- *Stomach should be empty*
- *Avoid overstretching*
- *Please follow the timing*

Dr. H. K Jain
Coordinator

Dr. K. N. Gujar
Principal