

**P.G.D.A.V. College (Eve.)**  
**Nehru Nagar, New Delhi-110065**

Date: 31.01.2019

**NOTICE**

The newly started 'Yoga Club' of the college is organizing its first Workshop on 'Meditation and Stress Management' as per the schedule given below:-


**Date and Day**            07.02.2019 (Thursday)  
**Venue:**                    Auditorium (above canteen)  
**Time:**                    12:45 PM to 2:45 PM


Dr. Navdeep Joshi who is an expert in the field of wellness, a Reiki Grand Master and a Ph.D. in 'Nada Yoga', shall be conducting the workshop. The focus of the workshop shall be on the following themes:

- Art of Happiness
- Stress Management
- Concentration Enhancement Techniques

Participants are requested to have early meals (by 11:00 AM) so as to gain maximum from mental and physical exercises.

Those who are interested are required to report by 12:30 PM in the auditorium.

  
(Dr. Shruti Vip)  
Convenor, Yoga Club

  
(Dr. R.K. Gupta)  
Principal