

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

Date: 29.03.2019

NOTICE

The Yoga Club of the college has taken an initiative to start Yoga Class in the college to train students the correct yogic postures and techniques. The classes shall take place in the college premises from 2:00 PM to 3:00 PM on daily basis.

The interested students may contact the undersigned or the Yoga Trainer, Mr. Ajay Dube (M – 9990290817), a student-cum-trainer from the college itself. He represented his school in Yoga Competitions and is associated with Murarji Desai National Institute of Yoga. Presently he is teaching Yoga in Indraprasth Sanjeevni, NGO and to his block residents.

(Dr. Shruti Vip)
Convenor, Yoga Club

(Dr. R.K. Gupta)
Principal