

No. VU/Notice/2020-21/005

Date: 17<sup>th</sup> October 2020

**NOTICE**

This is to inform all the faculty and staff members of Vishwakarma University, Pune that, an opportunity to learn and practice YOGA (Meditation, Asanas and Pranayam) has been made available for the faculty and staff through online live webinars/sessions.

The faculty or staff wanted to avail the same shall submit their response on or before 19<sup>th</sup> Oct. 2020 through following link—

<https://forms.gle/STVEudZmoGXUNwRt8>

The google form in above link includes questions about information like time / days and basic knowledge of yoga in shortly and mandatory undertaking consist of (medical history, past health issues if any) is required for safety and security of yoga class attendees.

For any queries/issues regarding Online Yoga Class, please contact Prof. Dr. Namdev Phatangare. Whatsapp Number – 9545967921.

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Registrar**

**Copy to –**

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2. VC Office – for information
3. Registrar Office – for information
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5. All Deans - for information
6. All the Faculty members and staff members – for information