

CIRCULAR

The Centre for Women's Studies and The Yoga Centre, University of Jammu is organising a **one week training program in Yoga** for women employees (teaching/non-teaching), female scholars/students and family members of University Employees. . The schedule of the Yoga training program will be from **14th to 21st June 2016** and the timing will be from **11:00am to 12:00pm daily in the Gymnasium Hall, Directorate of Sports & Physical Education, University of Jammu**. It is hereby, notified for all those who are interested, to attend the same at the above mentioned **date, time and venue**.

IMPORTANT:

- The participants should wear loose dress so that Yogasanas can be performed with ease.
- The participants should not have taken meals or any other eatables at least two hours before performing the Yogasanas.
- Those interested may contact on the following Mobile No's 9419127642 & 9858267890 to confirm their participation or report directly at the venue on 14-06-2016 by 10:30 am sharp.

Sd/-
DIRECTOR
(The Yoga Centre)

Sd/-
DIRECTOR
(Centre for Women's Studies)