

Punjab Engineering College, Chandigarh  
(Deemed to be University)  
Department of Physical Education & Sports

No.PEC/SD/1080-1114

Dated:- 4-9-2023

**NOTICE**

YOGA

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The regular Yoga practice is going to be started with effect from 05.09.2023. The venue and timings will be as under:-

**Every Monday:**

**Morning:** From 6.00 AM to 8.00 AM in Kalpana Chawla Hostel

**Every Tuesday:**

**Morning:** From 6.00 AM to 8.00 AM in Vindhya Hostel

**Wednesday to Saturday:**

**Morning:** From 6.00 AM to 8.00 AM in Squash Court

**Monday to Saturday:**

**Evening:** From 5.30 PM to 7.30 PM in Squash Court

The Yoga practice will be conducted by the Yoga expert, Ms. Priyanka Chauhan, Yoga Coach (8219757676).

All the students, faculty and staff members of this institute who desirous to attend the regular Yoga practice may report on the above mentioned time and venue.

*Sarabjit*  
ADSA (Sports) 04/09/23

Copy to the following for their kind information and circulation please:-

1. The Director, Punjab Engineering College, Chandigarh.
2. Deputy Director, Punjab Engineering College, Chandigarh.
3. Registrar, Punjab Engineering College, Chandigarh.
4. All H.O.Ds., Punjab Engineering College, Chandigarh.
5. All Deans, Punjab Engineering College, Chandigarh.
6. Web Master, Punjab Engineering College, Chandigarh for uploading on the PEC website.
7. Coordinator, NCC, Punjab Engineering College, Chandigarh.
8. Coordinator, NSS, Punjab Engineering College, Chandigarh.
9. D.C (F&A) and A.C. (F&A), Punjab Engineering College, Chandigarh.
10. Workshop and Skill Development Centre, Punjab Engineering College, Chandigarh.
11. Senior Librarian, Punjab Engineering College, Chandigarh.
12. Head, Computer Centre, Punjab Engineering College, Chandigarh with a request to kindly upload this notice on PEC website.
13. Medical Officer, Dispensary, Punjab Engineering College, Chandigarh.
14. Sports Secretaries and Joint Secretaries (Boys & Girls) for circulation amongst the students and necessary action.
15. Store Keeper for making necessary arrangements please.
16. All notice boards.