



**PHYSICAL EDUCATION AND SPORTS
UNIVERSITY OF HYDERABAD**

NOTICE

Date: 4th July, 2020

This is to inform to all the university community that the Dept of Physical Education and Sports is organising online Yoga and Fitness sessions from Monday onwards. The sessions are conducted from 6am to 7.30 am. The interested may contact the below persons to be added to the special whatsapp groups created to convey the id and password of the sessions on daily basis.

Yoga session: Smt. Dr. Saritha Devi (Yoga instructor) – 9490993379
Mr. Mallikarjuna Reddy (Yoga Instructor) – 9959189721

Fitness session: Mr. Eswar Bahadur (Fitness trainer) – 7780376884
Mr. Rahim (Fitness trainer) – 8143464967

Dr. Rajasekhar Kali Venkata, Ph.D
Director of Physical Education.