

 SHRI RAM COLLEGE OF COMMERCE

 University of Delhi, Maurice Nagar, Delhi – 110007

Phone: 27667905, 27666519 ▪ Fax: 27666510

Website: www.srcc.edu ▪ email: srcc@srcc.edu

 Date: 21.07.2020

All students, teachers and staffs of our college are hereby informed that we are starting online communication with Physiotherapist and Fitness Trainer. Schedule of program given below:

|  |  |  |
| --- | --- | --- |
| **Session** | **Time** | **Resource Person** |
| Online / recorded Sessions on Fitness\* | 9:00 am to 10:00 amMonday to Friday | Sumit Tyagi, (Physiotherapist) & Mr.Kadar Khan( Fitness Trainer) |
| One to one Interaction with physiotherapist & Fitness trainer (with prior appointment through e-mail)  | 10:30 am to 12:30 pm | Sumit Tyagi & Kadar Khan |
| Lecture on any current topic of Physical fitness and Physiotherapy | 12:30 pm to 01:00 pm(Wednesday) | Sumit Tyagi & Kadar Khan |
| Consultancy through Mail |  | Sumit Tyagi: physiotherapist.srcc@gmail.comKadar Khan: fitnesscentre.srcc@gmail.com |

\*Online /recorded sessions on fitness will be scheduled on google meet.

Link: https://meet.google.com/vjk-ggyp-awd

Principal