

GURU NANAK DEV ENGINEERING COLLEGE, LUDHIANA

(Department of Physical Education & Sports)

Dated: 26/03/2017

NOTICE

This is for the kind information of all the staff and students that Sports Department is organizing one month “**Exercise Camp**” for the patients with **lower back pain in** the sports complex from 2.4.18 onwards. All the interested staff /staff spouses and students are requested to get their names registered at the sports office by 3:00pm on 2.4.18 for the same. The camp timings are from 6:00PM to 7:00PM. The participants must bring their floor mat/yoga mat with them for the same and should come in **proper kit(T-shirt & lower/shorts)**. Participants in other dresses will not be entertained. The camp is free of cost.

Sd/-
Sec. Sports