

SHRI RAM COLLEGE OF COMMERCE

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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:

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| **Session** | **Time** | **Resource Person** |
| Online / recorded Sessions on Fitness\* | 9:00 am to 10:00 am  Monday 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.com](mailto:physiotherapist.srcc@gmail.com)  Kadar Khan: [fitnesscentre.srcc@gmail.com](mailto:fitnesscentre.srcc@gmail.com) |

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

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

Principal