



D.A.PANDU MEMORIAL R.V.DENTAL COLLEGE & HOSPITAL
J.P.NAGAR, BANGALORE

DAPM RVDC/1370/2019-2020

03.02.2020

CIRCULAR

Mrs.Sushma Verma, Yoga Instructor, Bangalore, is available in the college campus from 11.30am to 4.30pm (on Monday, Tuesday & Thursday, Friday) for providing the following services:

- Yoga consultation
- Individual counselling or group counselling
- Pranayama Guidance
- Sleep improvement techniques
- Tips for lifestyle change
- Meditation
- Diet counselling
- Soft skills training
- Students or parents counselling
- Personality development sessions

All the faculty members and students are informed to utilise the above services. Mrs.Sushma Verma's Contact No.9980007948.

Principal & Chairman
IQAC

Copy to:

- All the HODs Dental & Medical departments
- All Students UG & PG