

12 February 2018

9.30 am

Venue: Amphitheatre

Yoga and Meditation

Committee

Ram Lal Anand College

Organizes

Yoga Asana Competition

&

Essay Writing Competition

Contact:

Ambika-8588927733

Aman-9643901556

Shashiprabha-8510907286

Firdaus-7289924196

rlayoga2016@gmail.com

Check college website for rules

Registrations open from 6th to 12th February 2018

for Yoga Asana Competition &

6th to 10th February for Essay Writing Competition

Dr. Seema Gupta

Convenor, Yoga & Meditation Committee