



**Yoga and Mediation Committee
Ram Lal Anand College
University of Delhi**

Invites you for

3-day Yoga Workshop

on the Occasion of
4TH International Yoga Day

**19th -21st June 2018,
07:30 AM – 08:30 AM
Library First Floor**



DR. SEEMA GUPTA
Convener

DR. RAKESH KR. GUPTA
Principal

Programme Schedule

➤ **19th June**

Registration:- 07:15 AM

Yoga session - 07:30 AM to 08:30 AM

Refreshments – 08:30 AM

Poster making competition on “Yoga for better life”–09:00 AM

➤ **20th June**

Yoga session- 07:30 AM to 08:30 AM

Refreshments – 08:30 AM

➤ **21st June**

Common Yoga Protocol – 07:30 AM

Yoga Session - 08:00 AM to 08:30 AM

Refreshments – 08:30 AM

Shri Deepak Saini, renowned and experienced Yoga instructor will be providing Yoga expertise to us

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