

International Yoga Day, 2017

Yoga and meditation committee of Ram Lal Anand College organized a 3-Day Workshop on yoga from 19th – 21st June, 2017 and celebrated 3rd International Yoga Day. On all the three days there was a large participation of students(including NCC cadets), teachers and non-teaching staff. On an average 60 participants attended 3-Day Yoga Workshop. Workshop included screening of CYP 2017 CD issued by ministry of AYUSH, interactive lecture session on Yoga, live demonstration by expert yoga instructor and mass yoga by participants.

