

**RAM LAL ANAND COLLEGE
BENITO JUAREZ ROAD,
NEW DELHI-110021**

NOTICE

We are thankful to Ministry of Ayush, Govt. of India for providing 100 Yoga T-Shirts, banners and booklets for the promotion of International Yoga Day 2018. The college and Yoga and Mediation Committee in particular appreciates this gesture of Govt. of India.

Further, we would like to inform that we still have 45 T-shirts, which will be distributed on a first cum first serve basis. Interested students/Teachers/Non-teaching staff are requested to come and register between 7.15 am to 7.30 am for the same.



Dr. Seema Gupta

Convener, Yoga and Mediation Committee



**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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