



YOGA AND MEDITATION SOCIETY RAM LAL ANAND COLLEGE

is organising **ONLINE YOGA classes**

7.30 am-8.30 am (Morning session)

6:00 pm-7:00 pm (Evening session)

1st-31st March 2021

(Monday-Saturday)

***Open for all the students and staff of Ram Lal Anand College**

*Family members
of the students
are also welcome
to join and get
benefited*



*Classes
will continue
till the
Lockdown
continues*

RELAX REPLENISH REVIVE

To join register at:

<https://forms.gle/DaSuJ99oFeXaCWrx7>

e certificates to regular participants will be provided

Dr. Sunila Hooda
Convenor

Dr. Seema Gupta
Co-Convenor

Dr. Rakesh K Gupta
Principal