**Ram Lal Anand College**

**Yoga & Meditation Society**

**NOTICE**

26th May, 2020

In this time of Corona virus pandemic, we find ourselves in a time of uncertainity and isolation. Yoga is a stress management tool that has far reaching benefits on our physical, mental and spiritual well-being. Unlike some other activities it can be practiced in a small space with almost no equipment. To help you manage your stress and increasing immunity level, Yoga and Meditation Society, Ram Lal Anand College is organizing Online Yoga Classes from **1st - 30th June 2020** between **8 - 9 am**. Please join and register online using the following link <https://forms.gle/wEYMM9EZxaa25Ydg8>

Only those who will register through the Google Form will be sent the link through their email and WhatsApp to join the classes. All the registered participants attending the classes will be provided participation e-certificates.

Regards

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