



रामलाल आनंद कॉलेज

दिल्ली विश्वविद्यालय

बेनिटो हुआरेज़ रोड, नई दिल्ली-110021 (इंडिया)

Ram Lal Anand College

University of Delhi

Benito Juarez Road, New Delhi-110021 (India)

Tel. No. : 011-24112557

Fax : 24112151

E-mail : rlac.du@gmail.com

rlac.bjr.du@gov.in

Website : www.rlacollege.edu.in

RLAC/Notice/2020/

30th August, 2020

NOTICE

In this time of Corona virus pandemic, we find ourselves in a time of uncertainty and isolation. Due to this pandemic situation the colleges are closed. So, there are no activities for the students to maintain their health and physical fitness and the sports students are not able to do practice for their respective games.

By considering this situation the Department of Physical Education of our college had Started online yoga classes for all the students of RLA College from 1st July 2020. As Yoga is the perfect opportunity to become curious about who you are and also improve your physical and mental strength these online yoga classes will be continued till the college reopens.

So, we are requesting all the students of our college to join these effective yoga classes from **1st September 2020 till the college reopens from 7:30 A.M to 8:30 A.M** for their better health and physical fitness.

Registration Link:

https://docs.google.com/forms/d/e/1FAIpQLSecu_EtOeda3ocnMhUioHniapd33mW6l1XB-c8EvTuRYs8prA/viewform?usp=sf_link

Sd/-

Dr. Pardeep K. Sharma

H.O.D

Department of Physical Education