



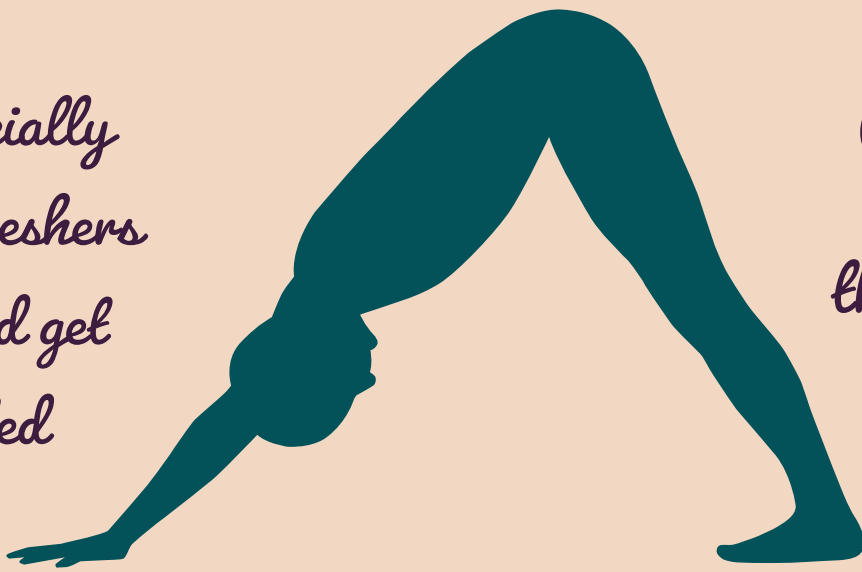
YOGA AND MEDITATION SOCIETY RAM LAL ANAND COLLEGE

**is organising
ONLINE YOGA classes**

**7.30 am-8.30 am
1st-31st December 2020
(Monday-Saturday)**

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

*We especially
welcome freshers
to join and get
benefited*



*Classes will
continue till
the Lockdown
continues*

RELAX REPLENISH REVIVE

Family members of the students are also welcome to join

To join register at:

<https://forms.gle/DaSuJ99oFeXaCWrX7>

e certificates to regular participants will be provided