



YOGA AND MEDITATION SOCIETY RAM LAL ANAND COLLEGE

**is organising
ONLINE YOGA classes**

7.30 am-8.30 am (Monday-Saturday)

6:00 pm-7:00 pm (Monday- Friday)

1st-31st September 2021

***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>

Zoom link:

<https://zoom.us/j/2818141414pwd=VmxDZ1lOaEs4NlV6dy9lQTFmcnBNUT09>

Meeting ID: 281 814 1414, Passcode: RLAYOGA

e certificates to regular participants will be provided

**Dr. Seema Gupta
Convenor**

**Dr. Rakesh K Gupta
Principal**