



रामलाल आनंद कॉलेज

दिल्ली विश्वविद्यालय

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RLAC/Notice/2021

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NOTICE

On the occasion of 75th independence day "AZADI KA AMRIT MAHOTSAV" Ministry of Youth Affairs and Sports have taken an initiative to be promote the Fit India Movement and have requested all the citizens to give exercise a space in their everyday routine by saying "FITNESS KI DOSE AADHA GHANTA ROZ". With the reference to the above message, the Department of Physical Education and Yoga & Meditation Society of Ram Lal Anand College, University of Delhi had also organised online yoga and meditation classes for all students, teachers and non-teaching staff. These classes started from July 2020 from 7:30 AM to 8:30 AM and are still going on.

Now, the Department of Physical Education, Ram Lal Anand College is organising online Aerobics classes 3 days a week i.e. on Tuesday, Thursday and Saturday from 6 PM to 7 PM for students, faculty and non-teaching staff. Everyone is requested to take advantage of these online aerobics classes to improve their physical fitness and lifestyle. Interested people are requested to fill the below given form. Last date to fill the form is **6th September, 2021.**

Google form link: <https://forms.gle/kcHFrJpXASXKTgQw7>

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