



# Ram Lal Anand College (University of Delhi)



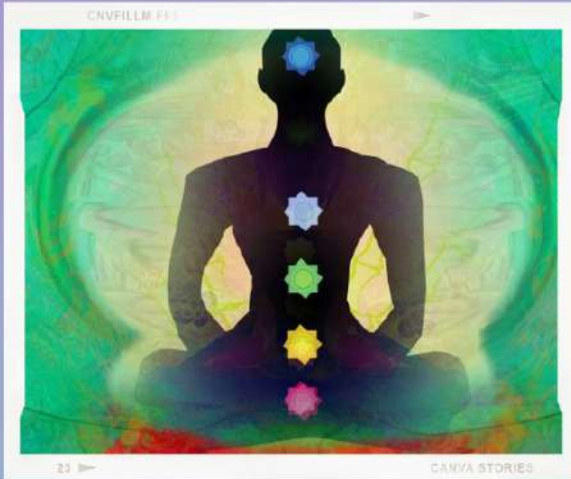
## Yoga and Meditation Society

Presents

## Seminar

on

# Science of Meditation



Date:- 10th February, 2023  
Day:-Friday, Time:- 11:00am  
Venue:- Seminar Hall



**Scan to Register**  
**(on or before 09-02-2023)**

**Dr. Aditi Singhal**  
(Memory Trainer, Motivational Speaker)  
**Guinness World Record Holder**

**E-Certificates will be provided to all participants**

Ms. Shikha Verma  
Convenor

Yoga and Meditation Society

Prof. Seema Gupta  
Advisor

Yoga and Meditation Society

Prof. Rakesh Kumar Gupta  
Principal