



YOGA AND MEDITATION SOCIETY RAM LAL ANAND COLLEGE

is organising **ONLINE YOGA classes**

7.30 am-8.30 am (morning session)

6:00 pm-7:00 pm (evening session)

1st-28th February 2021

(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