



# YOGA AND MEDITATION SOCIETY RAM LAL ANAND COLLEGE

is organising

## One Month Online YOGA Workshop

*on the occasion of*

# 7th International Yoga Day

7.30 am-8.30 am

1st-30th June 2021

(Monday-Saturday)



# RELAX REPLENISH REVIVE

\*Open for all the RLA college students, staff and their families

To join register at:

<https://forms.gle/DaSuJ99oFeXaCWrX7>

Zoom link:

<https://zoom.us/j/2818141414pwd=VmxDZ1lOaEs4NlV6dy9lQTFmcmNBNUt09>

Meeting ID: 281 814

1414, Passcode: RLAYOGA

*e certificates to regular participants will be provided*

**Dr. Sunila Hooda**  
Convenor

**Dr. Seema Gupta**  
Co-Convenor

**Dr. Rakesh K Gupta**  
Principal