



FIT
INDIA
FIT INDIA MOVEMENT

75
Azadi Ka
Amrit Mahotsav

Yoga and Meditation Society


is organising



**WELCOME
FRESHERS**

ONLINE YOGA FITNESS CAMP

Begin to breathe.....

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- ✓ MON TO SAT (7:30-8:30am)
 - ✓ Students of first year can enroll for the camp
 - ✓ All Students, Teachers and Non-Teaching Staff are invited to join the camp.
 - ✓ Family members of the participants can also join and get benefited.



[Click Here to Register](#)

10th December, 2021

Zoom link:

<https://zoom.us/j/2818141414pwd=VmxkZ211OaEs4NIV6dy9lQTFmcnBNUT09>

Meeting ID: 281 814 1414, Passcode: RLAYOGA

Ms. Shikha Verma
Co-Convenor

Dr. Seema Gupta
Convenor

Dr. Rakesh Kumar Gupta
Principal