



**FIT  
INDIA**  
FIT INDIA MOVEMENT

**75**  
Azadi Ka  
Amrit Mahotsav

# Yoga and Meditation Society

is organising



## ONLINE YOGA FITNESS CAMP

**2022**

Begin to breathe.....

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



01st January, 2022

[Click Here to Register](#)

Zoom link:

<https://zoom.us/j/2818141414pwd=Vmx0Z1l0aEs4NlV6dy9lQTZmcmBNU09>

Meeting ID: 281 814 1414, Passcode: RLAYOGA

Ms. Shikha Verma  
Co-Convenor

Dr. Seema Gupta  
Convenor

Dr. Rakesh Kumar Gupta  
Principal