



शहीद राजगुरु कॉलेज ऑफ एप्लाइड साइंसेस फॉर वुमैन
SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN

दिल्ली विश्वविद्यालय
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Ref. No. SRCASW/.....

Date.....

NOTICE

Dated: 21.6.2021

The Department of Biochemistry is conducting "Yoga Retreat", an event to teach yoga for holistic health, happiness, and harmony. The event aims to provide a release from the stress caused by the hectic lifestyle and the pandemic. It consists of micro exercises and meditation conducted by Dr Alok Kumar Singh and Dr Sadhna Jain, followed by a 10-minute quiz on yoga. Winners will be awarded cash prize.

It is compulsory for all the students (first, second and third year) of the Biochemistry department to attend the event to completion.

The event details are -:

Date: 24th June 2021

Time: 7:30 – 8:30 A.M

Venue: Google meet

All the faculty members are cordially invited.

Dr. Sadhna Jain
Teacher in charge
(Dept. of Biochemistry)

Dr. V.A. Pratyusha
(Coordinator)