



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

(दिल्ली विश्वविद्यालय)

(UNIVERSITY OF DELHI)

वसुंधरा एनक्लेव (चिल्ला स्पोर्ट्स कॉम्प्लेक्स के पास)

Vasundhara Enclave (Adjoining Chilla Sports Complex)

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दिनांक/Date.....

31/05/2021

## NOTICE

The department of Physical Education & Sports Sciences and NSS unit of our college under the Aegis of IQAC are going to organise a community outreach programme titled "Integrating Mind, Body and Soul by practice of Pranayama, Yogic Postures and Meditation" jointly with Prem Sukh International Charitable Trust, Delhi from 1-21 June, 2021 as prelude to International Yoga Day 2021. This 21 day live programme will be from 6:45 am to 8am everyday on zoom online platform link <https://zoom.us/j97094853173?pwd=NS9kY0N4NnZoT2hRajQ3QpTODZIZz09> and will be open to all community. The International Yoga Day will also be celebrated ONLINE on 21st June, 2021 on conclusion of this 21 day program. All Students and staff (Teaching and Non-Teaching) are requested to attend the same.

Dr. Bimla Pawar  
Assistant Professor

Sonia Ahlawat  
PO-NSS

Dr. Payal Mago  
Principal