



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

(दिल्ली विश्वविद्यालय)

वसुंधरा एनक्लेव (चिल्ला स्पोर्ट्स कॉम्प्लेक्स के पास)

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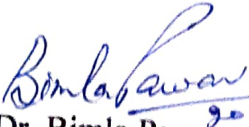
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दिनांक/Date... 20/05/2022..

**NOTICE**

The department of Physical Education & Sports Sciences 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 21 May, 2022 to 21 June, 2022 as prelude to International Yoga Day 2022. This one month live programme will be from 7:30 am to 8:30am everyday on zoom online platform link

<https://us06web.zoom.us/j/84758061544?pwd=V2JYWmNrZFNqZkh0GIHcnRIQTO9and7amto8:30am> in physical mode at college premise. This will be open to all community. The International Yoga Day will also be celebrated in physical mode on 22 June, 2022 on conclusion of one month program. All Students and staff (Teaching and Non-Teaching) are requested to attend the same.

  
Dr. Bimla Pawar

Assistant Professor  
Physical Education & Sports

  
Dr. Payal Mago

Principal