SHRI RAM COLLEGE OF COMMERCE

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June 20, 2017

NOTICE

CELEBRATION OF INTERNATIONAL YOGA DAY

As you may be aware that **International Yoga Day** is being observed on June 21, 2017 across the word; the college has therefore decided to celebrate this day in the college campus.

The following programme/activities will be held on the occasion of International Yoga Day on June 21, 2017 in the front lawn of the college building from 7.00 am onwards.

PROGRAMME

Welcome of participants

Lecturer on - "Importance of Yoga in human life"

Information on various important Yoga Kriya and Postures

Live demonstration by Yoga Expert

Views of participants how Yoga has helped them in bringing health, happiness and peace in their life.

Refreshments for participants

The faculty and staff members are requested to attend the programme for celebration of International Yoga Day and assemble by 7.00 am in the front lawn of the college building.

Dr. R.P. Rustagi Principal (Officiati

Copy to All Faculty & Staff members