

# International Yoga Day 2018

Yoga and meditation committee of Ram Lal Anand College organized a 3-Day Workshop on yoga from 19th to 21st June, 2018 and celebrated 4th International Yoga Day 2018 with lots of fervour and enthusiasm. The committee is thankful to the ministry of AYUSH for providing support in terms of Yoga T-shirts, CYP (Common Yoga Protocol) Booklets and Banners for the promotion of Yoga for harmony and peace. A poster making Competition was also organised on the topic "Yoga for Better Life" on 19th June.

Three best posters were given prizes and certificates. On all the three days there was a large participation of students, teachers and non-teaching staff. On an average 60 participants attended 3-Day Yoga Workshop. Workshop included screening of CYP 2017 CD issued by ministry of AYUSH, interactive lecture session on Yoga, live demonstration by expert yoga instructor Sh. Deepak Saini and his team and mass yoga by participants.

