



SHRI RAM COLLEGE OF COMMERCE

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NOTICE Online Essay Competition

Yoga which was originated in India as a system of balancing the mind, body and soul has been gaining worldwide attention now these days. To generate interest and awareness about Yoga among students of the college, the NSS unit is organizing an online essay competition for the students on the following:

- i. **Modern Living and Yoga**
- ii. **Yoga for body-health and mind-strength**

The students who wish to participate in this competition may send their essay (not more than 1000 words in Times New Roman font, size 12 with 1.5 line spacing) at jainsrcc@gmail.com within 10 days of publication of this notice. No essay sent after the time limit will be considered for evaluation. After evaluation the best students will be awarded with prizes and certificates on the International Day of Yoga celebration on June 21, 2016 in the college.


Dr. R. P. Rustagi
Principal (Acting)

