



# SHRI RAM COLLEGE OF COMMERCE

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SRCC/PO/23

June 2, 2016


## NOTICE INTERNATIONAL YOGA DAY

Our college is celebrating International Yoga Day on June 21, 2016 from 07:30 a.m. at College Sports Complex. This is an official programme of the college in compliance with the MHRD, UGC & University of Delhi instructions. Faculty, Staff & Students are expected to participate in the programme.

The programme schedule is as follows:

Time	Programme
07:30 am	Prayer with Namaskar Mudra
7:32 AM	Sadilaja/Chalan Kriyas/Loosening Practices (Neck, Shoulders, Trunk & Knees movements)
7:38 AM	Yoga Postures (Standing, Sitting, Prone Lying, Supine Lying)
7:56 AM	Kapaalbhati
7:58 AM	Pranayama
8:04 AM	Dhyana/Meditation
8:13 AM	End of Yoga Session with a Sankalpa followed by Shanti Path
8:15 AM	Distribution of prizes and certificates to the winners of (a) Online Essay Competition on Yoga (b) Competition on Practices of Yoga
08:30 am	Refreshments

Members of college fraternity are requested to join together to make International Yoga Day programme a grand success.

  
Dr. R. P. Rustagi  
Principal (Acting)



Copy to:

- Teaching Staff
- Non-teaching Staff
- Students