



S.P.MANDALI'S

R. A. PODAR COLLEGE OF COMMERCE & ECONOMICS (AUTONOMOUS)

Date: 13/06/2023

NOTICE

Yoga Workshop

NSS Unit of R A Podar College of Commerce and Economics (Autonomous), has organised a practical yoga workshop of **7 days** on the occasion of **International Yoga Day**.

The experienced person for the yoga workshop is **Dr R. Prasanna Laxmi**, a certified councillor and yoga expert.

Date : 14th June, 2023 to 21st June, 2023

Timing: 8 am to 9.30 am

Venue : College Auditorium

Topic : "Yoga for Vasudhaiva Kutumbakam"

Requirements : 1. Yoga Mat / Shawl / Normal Mat
2. Comfortable Clothes

(Kindly refrain from wearing Sleeveless / Shorts)

Compulsory for all forums to participate.

Credit Hours shall be allotted to all the participants.

Do join in and learn the Art of Yoga.

S/d

Principal