



मोतीलाल नेहरू कॉलेज (संध्या)
MOTILAL NEHRU COLLEGE (Evening)
दिल्ली विश्वविद्यालय
(UNIVERSITY OF DELHI)
बेनितो हुआरेज़ मार्ग, नई दिल्ली-110021
Benito Juarez Road, New Delhi-

संदर्भ संख्या.एम अल एन/सा/2026-27/

REF. NO.MLN/EVE/2026-27/

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Dated:- 02/09/2026

Notice For Commencement of Yoga Sessions

This is to inform all students, teaching and non-teaching staff that Yoga Sessions will commence from 1st September 2026.

Schedule:-

 **Days: Monday, Wednesday & Friday**

 **Venue: Playground Stage**

Timings:-

For Students: 4:30 PM – 5:30 PM

For Teaching & Non-Teaching Staff: 5:30 PM – 6:30 PM

All are encouraged to participate and benefit from yoga for a healthy body, calm mind, and overall well-being.

Join and make yoga a part of your daily life! All are welcome.


(Prof. P.K. Bairwa)
Acting Principal

Copy to :-

1. College Website
2. Student's Notice Board
3. Library Notice Board
4. Office file