

RSET's



Deviprasad Goenka Management College of Media Studies (DGMC)
RSET Campus, S. V. Road, Malad (w), Mumbai 400 064, Maharashtra, India

Notice: 1076/2023

19th June 2023

NOTICE

International Yoga Day

On the occasion of **International Yoga Day**, the Rotaract Club, NSS Unit, and Students' Council of Deviprasad Goenka Management College of Media Studies is organising **Yoga and Meditation Workshop - Yoga Awakens the Mind** on **21st June 2023** from **10am onwards** at the **PDSA Turf**.

Ms. Sharmila Saurastri, Qualified Yoga Instructor will engage this session.

All students are required to come in comfortable clothing and attend this event.

We look forward to your wholehearted participation.



Dr. Ameet Vora
Principal



RSET's
Deviprasad Goenka
management college of media studies
INDIA'S PREMIER MEDIA SCHOOL



District 3141
Rotaract



Club of
DGMCMS
Rotary Club of Bombay Airport
Club ID : 218546



INTERNATIONAL Yoga day

YOGA AWAKENS THE MIND

Not only physical health, yoga is also beneficial for
maintaining mental health
The Practice gives you mindfulness and balance

YOGA DAY CELEBRATION

21ST JUNE, 2023

10 A.M. ONWARDS

YOGA INSTRUCTOR: SHARMILA SAURASTRI

VENUE: PDSA TURF, RSET CAMPUS

