



**Sri Guru Nanak Dev Khalsa College
Dev Nagar, New Delhi - 110005**

Notice

All students and Faculty members are cordially invited to attend the following Programme:

Nature of Event : A workshop

Title of Event : योग और ध्यान: प्रत्येक व्यक्ति का कल्याण

Organising Body : Sri Guru Nanak Dev Khalsa College

Department/ Society : Har ghar dhyan

Date : 10/02/2026

Time : 11:00AM

Duration : 2 hour

Venue/ Platform : Room no 102

Signature :

**Name: Dr. Hardeep kaur
(Convenor)**



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SRI GURU NANAK DEV KHALSA COLLEGE
(UNIVERSITY OF DELHI)
NAAC ACCREDITATION GRADE "A"
Under The Aegis Of IQAC



"Har Ghar Dhyam" *Is Organising* **Workshop**

योग और ध्यान- प्रत्येक व्यक्ति का कल्याण



Mrs . Saroj sharma
(Expert in yoga and meditation)



10/02/26



11:00Am



Room no.102

Dr. Hardeep kaur
Convenor

Dr. Anju bala
Co convenor

Dr. Baljeet singh
Principal