

**SHARDA SCHOOL OF HUMANITIES & SOCIAL
SCIENCES**

OFFERS

SUNRISE YOGA FOR SHARDA FAMILY

**DAYS- MONDAY TO FRIDAY
TIMINGS- 9:15AM-10:15AM**

**VENUE- YOGA HALL 6TH
FLOOR DENTAL BLOCK
SHARDA UNIVERSITY**

**CONTACT US:
DR RITU CHAKU:9818610378
MR SHIVAM BHARDWAJ:8430726674**



**ONLY
₹500/MONTH**



SCAN QR CODE FOR REGISTRATION



**SHARDA SCHOOL OF HUMANITIES & SOCIAL
SCIENCES**

OFFERS

TWILIGHT YOGA

FOR SHARDA FAMILY

**DAYS- MONDAY TO FRIDAY
TIMINGS- 3:30PM-4:30PM**

**VENUE- YOGA HALL 6TH
FLOOR DENTAL BLOCK
SHARDA UNIVERSITY**

**CONTACT US:
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MR SHIVAM BHARDWAJ:8430726674**



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**SHARDA SCHOOL OF HUMANITIES & SOCIAL
SCIENCES**



**SHARDA
UNIVERSITY**
Beyond Boundaries
www.sharda.ac.in

OFFERS

MEDITATION/ DHYANA

**ONLY
₹500/MONTH**

FOR SHARDA FAMILY

**DAYS- MONDAY, WEDNESDAY &
FRIDAY**

TIMINGS- 2:30PM-3:00PM

**VENUE- YOGA HALL 6TH
FLOOR DENTAL BLOCK
SHARDA UNIVERSITY**

CONTACT US:

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