

International Yoga Day

“on occasion of International Yoga Day 2022” on June 21, 2022 Under Community Awareness & Yoga Education Programme organized by Department of Physical Education S.N.Mor Arts, Commerce & Smt. G. D. Saraf Science College, Tumsar. Bhandara.

The Programme Began at 8am. Under the guidance of Dr. Santosh Chaudhary Organizing Committee Dr. Sanjay Agashe (HOD) Director of Physical Education, all staff members performed yoga, asana and pranayam. Dr. Santosh Chaudhary gave demonstrations of suryanamaskar, which were followed by the Staff 29 members, Sports 05 Students, N.S.S 01 Volunteer & N.C.C. 21 Cadets Participated in this Programme.

Dr. C.B. Masram, Principal congratulated all staff members Sports & N.C.C. cadets on the occasion “International Yoga Day” for participating and performing various postures with enthusiasm. He stressed importance of the yogic tradition and wisdom of the Rishis and appealed to all to Continue yoga for being fit and healthy.





Dr.Sanjay R. Agashe
(HOD) Director of Physical Education

Dr.Santosh R. Chaudhary
Director of Physical Education