



(ESTD. 1965)

**Gondia Education Society's**

**SETH NARSINGDAS MOR COLLEGE OF ARTS & COMMERCE &  
SMT. G. D. SARAF SCIENCE COLLEGE**

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Ref. No. : SNMC/2023-24

Date : 24.06.2023

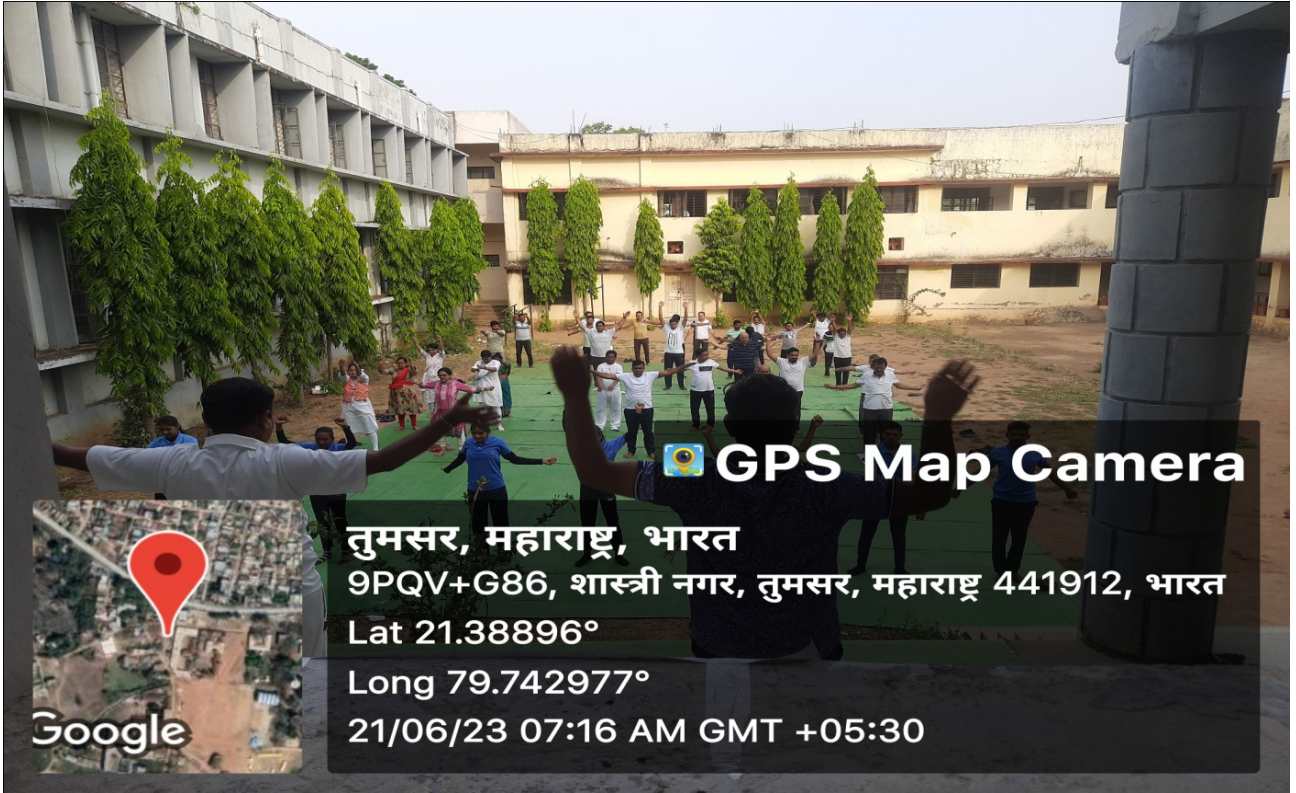
## **Celebrate International Day of Yoga-2023**

On occasion of International Day of Yoga-2023 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 441912.

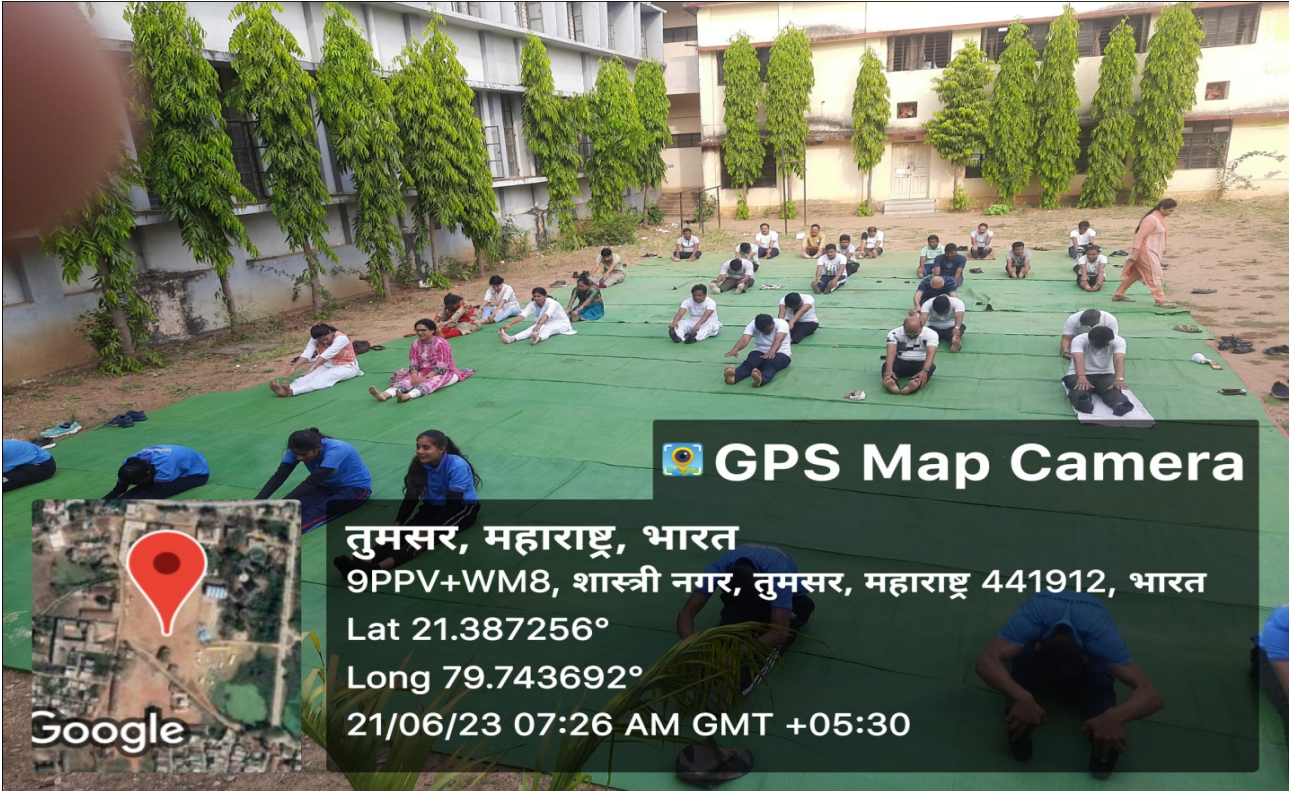
The Programme Began at 7.00 am. Under the guidance of Dr. Sanjay Agashe (HOD) Director of Physical Education he started to warm-up exercises during the exercises he was explanation about warm up exercises & Dr.Santosh Chaudhary Director of Physical Education, take first standing Asana then sitting & sleeping asana Students performed yoga, asana and Dr. C. B. Masram , Principal gave demonstrations of all type of pranayam, which were followed by the student Participated in this Programme.

Yoga Practices for International Day of Yoga-2023 near about NCC 08, Sports 02 students 35 Teaching & Non Teaching Staff participation in "Yoga Practices"

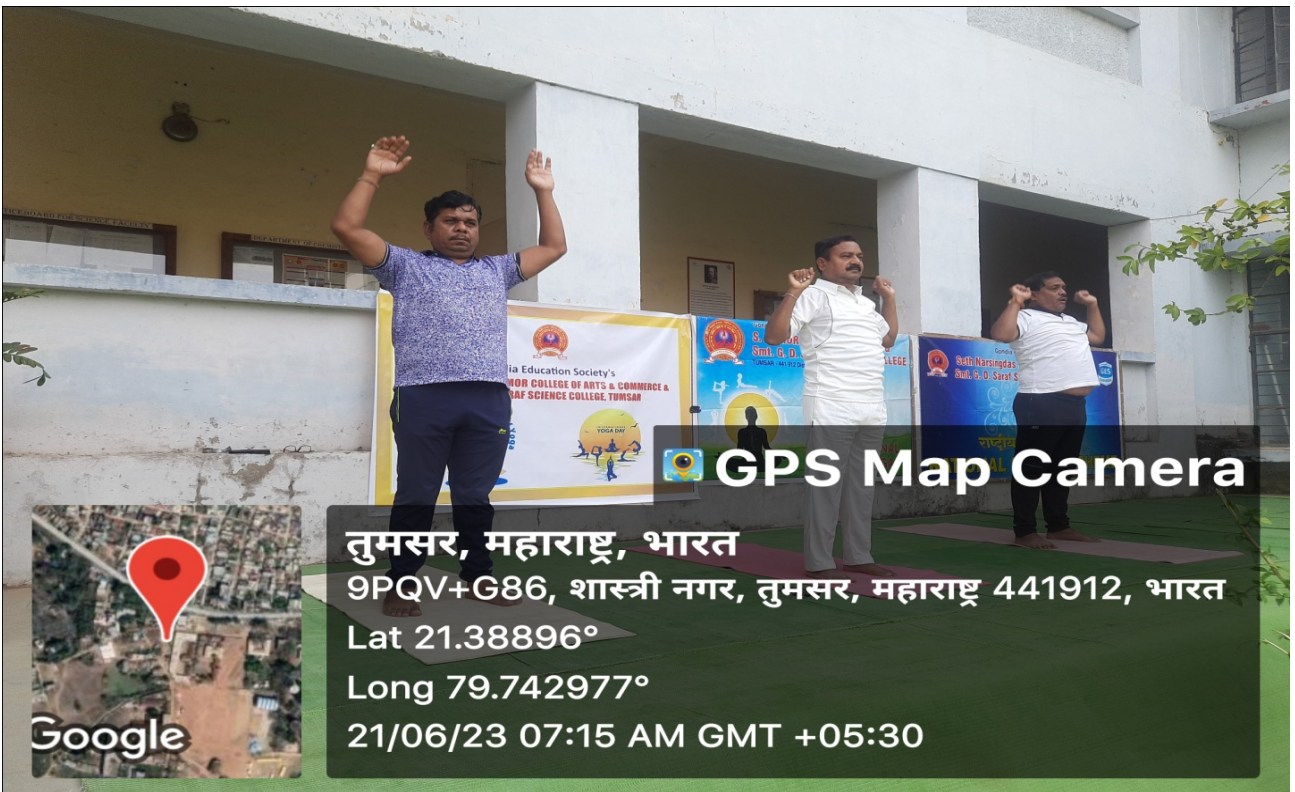
Dr. C. B. Masram , Principal congratulated all staff members Sports & N.C.C. cadets on the occasion “International Day of Yoga-2023” for participating and performing various postures with enthusiasm. He stressed importance of the yogic tradition and wisdom of the Rishis and appealed to all to continue yoga for being fit and healthy.



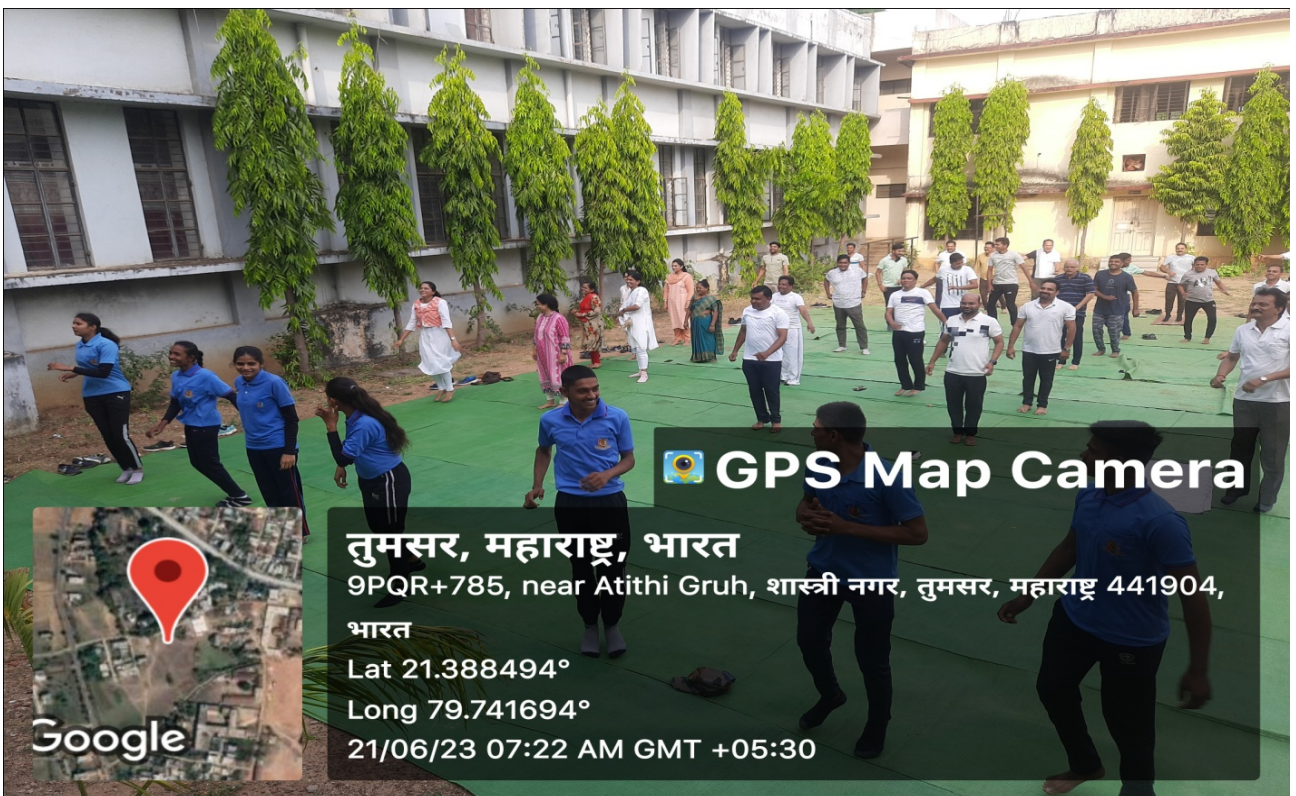
















**GPS Map Camera**  
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 (HOD)

Dr. Santosh R. Chaudhary  
 Director of Physical Education