



(ESTD. 1965)

**Gondia Education Society's**

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

Tumsar-441912 (M.S.) Dist. Bhandara

Ph. No. Office : (07183) 233300 Res. : (07183) 233301

Email - principalsnmorcollege@rediffmail.com, snmorcollege1965@gmail.com website : snmorcollege.org.in

Ref. No. : SNMC/2020-21

Date : 17.08.2020

## **NATIONAL CADET CORPS Yoga from Home**

The National Cadet Corps unit of the college observed International Day of Yoga on 21 June 2020.

Due to the ongoing lockdown in the wake of the covid19, this year's Yoga Day theme was the Yoga from Home and Yoga with Family. The cadets performed Yogasanas with their families at home and circulated videos of their yogasnas on social media. 31 cadets took part in the programme. The programme was coordinated by Principal, NCC Officers and Commanding Officer of NCC.

In charge NCC





(ESTD. 1965)

**Gondia Education Society's**

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

Tumsar-441912 (M.S.) Dist. Bhandara

Ph. No. Office : (07183) 233300 Res. : (07183) 233301

Email - principalsnmorcollege@rediffmail.com, snmorcollege1965@gmail.com website : snmorcollege.org.in

Ref. No. : SNMC/2020-21

Date : 17.08.2020

