

International Yoga Day

“One Day Yoga Seminar on occasion of International Yoga Day 2021” on June 21,2021 Under Community Awareness & Yoga Education Programme organized by Department of Physical Education S.N.Mor Arts, Commerce & Smt. G. D. Saraf Science College, Tumsar & Department of Physical Education Jawaharlal Nehru arts Commerce and Science College, Wadi Nagpur - 440023

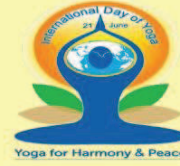
The Programme Began at Online Mode at 9am.Under the guidance of Shri. Sanjayji Khonde Instructur & Yoga Therapist Organising Committee Dr. Sanjay Agashe & Dr.Santosh Chaudhary Director of Physical Education, Dr.Sarang Khadse Director of Physical Education J.N. College Wadi ,Nagpur all staff members performed yoga ,asana and pranayam. Shri.Sanjayji Khonde Instructur & Yoga Therapist gave demonstrations of suryanamaskar, which were followed by the Staff members N.S.S & N.C.C. Cadets.

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.

Votes of thanks given by Dr.Sanjay Agashe

International Yoga Day

21 June 2021
Connect Your Body to Soul



Shri. Sanjayji Khonde
Instructors & Yoga Therapist

Patron

Dr. M.N. Bhajbhujje (Principal)
J.N.College, Wadi.

Patron

Dr. Chetan Masram (Principal)
S.N. Mor College, Tumsar

Organising Committee

Chairman

Dr. Sarang Khadse
Associate Professor,
J.N.College Wadi.

Secretary

Dr. Sanjay Agashe
Asst. Professor
S.N.Mor College Tumsar.

Convenar

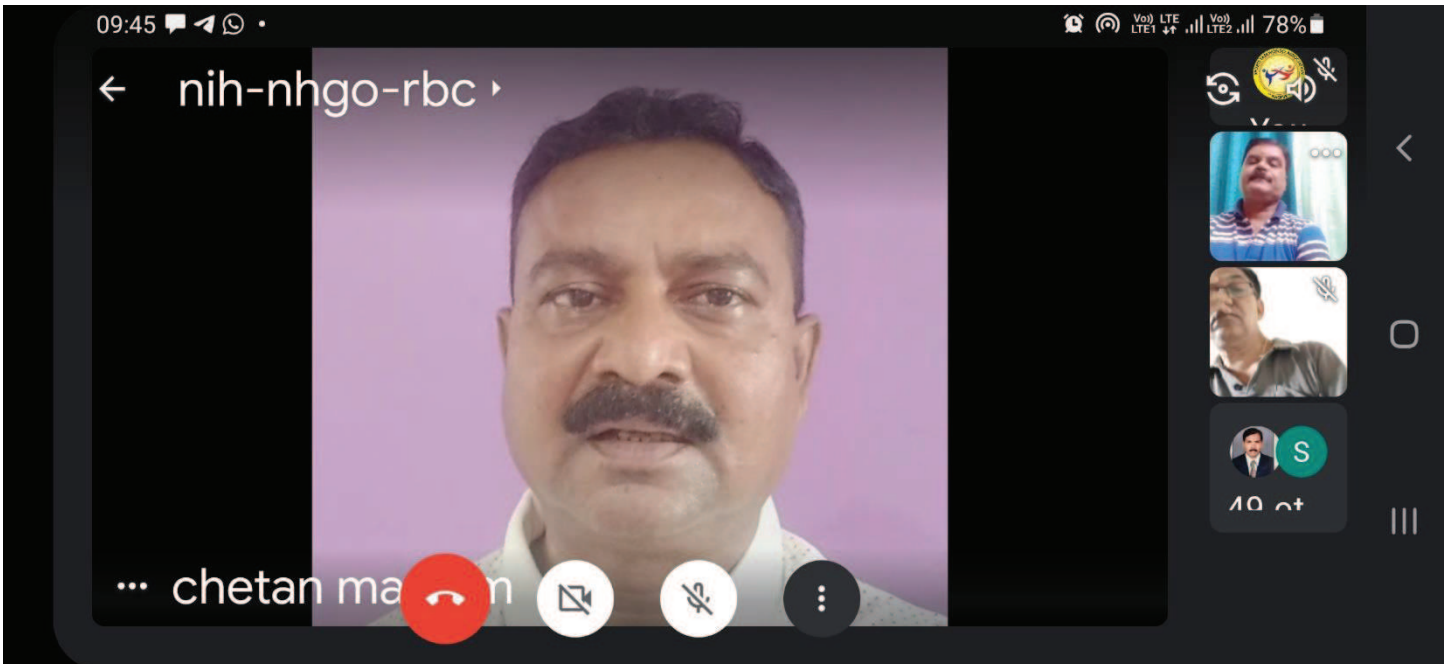
Dr. Santosh Choudhary
Associate Professor,
S.N.Mor College, Tumsar.

Co-Ordinator

Dr. Narendra Gharad
IQAC
J.N. College Wadi

Jointly Organising Colleges / Instructor

- 1) Jawaharlal Nehru College, Wadi / 2) S.N. Mor College, Tumsar.
- 3) 2 Mah, ARMD, SQN, NCC, Nagpur / 4) 4 BTN, NCC Unit Tumsar.



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- Profile icon: S

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Shraddha | nd

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- Profile icon: Lalit
- Profile icon: S

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8:46 AM | nih-nhgo-rbc

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Meeting title: nih-nhgo-rbc

Shraddha Khonde

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8:54 AM | nih-nhgo-rbc

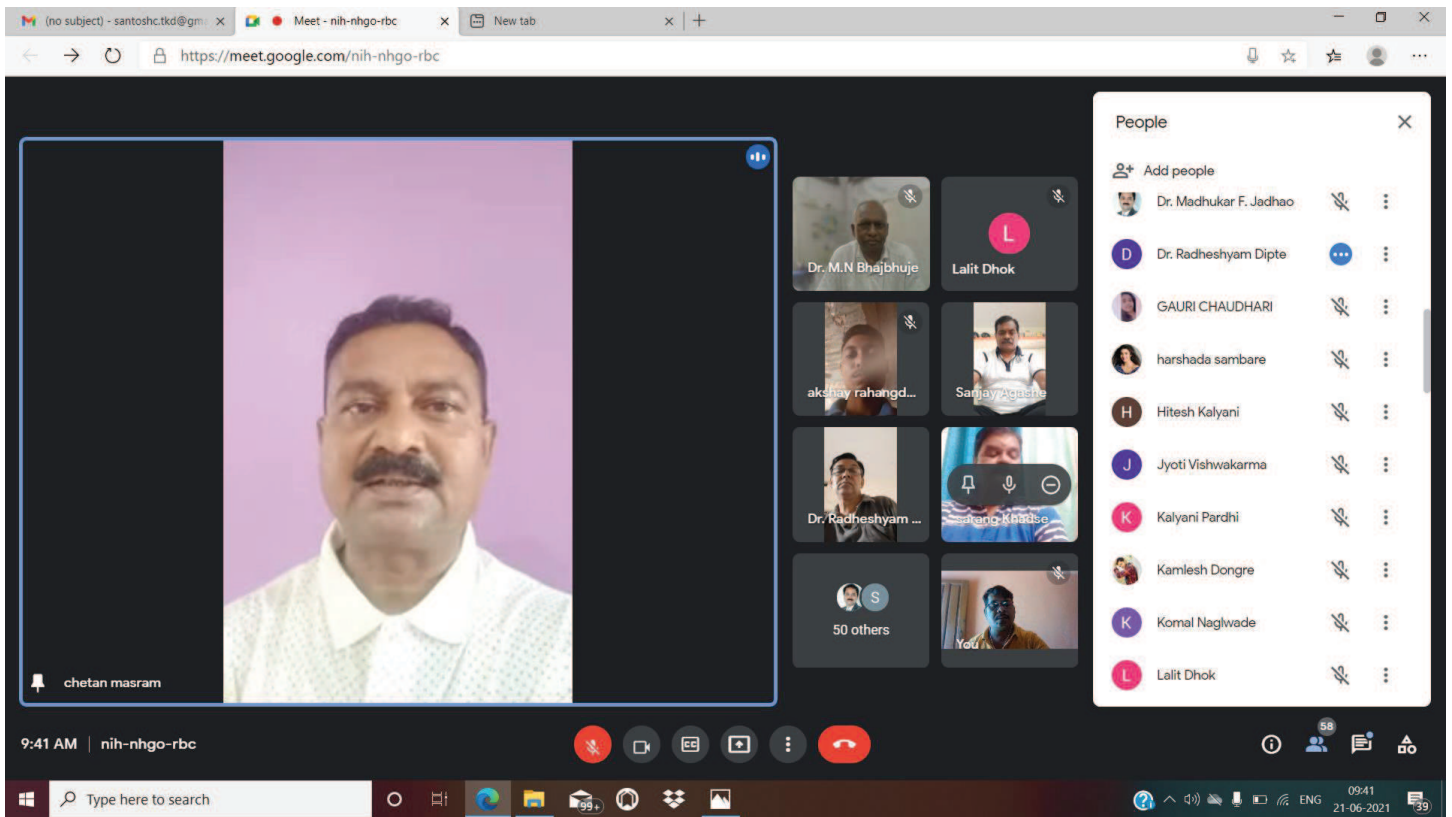
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9:01 AM | nih-nhgo-rbc

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Dr.Sanjay R. Agashe (HOD)

Dr.Santosh R.Chaudhary

Director Sports of Physical Education

Director Sports of Physical Education.