

Report on "Yoga Training Programme"

Ten day Yoga training programme was conducted from 1-9-18 to 10-9-18 Total 32 girls were benefited from it. Miss Rahi Kulkarni (B.Com-I Div-A) and Miss. Mayuri Prakash Vardai (B.Com-II Div-A) worked as the trainers for the programme. Different types of health beneficial Yoga and Pranayam exercises were taught by the student trainers. Around 25 girls participated in the training programme.



Miss. Rahi Kulkarni Demonstrating Yoga. Participant students in Yoga training

(Prof.S.H.Ambawade)
Co ordinator,
Yoga Training Programme

(Shri. H.P.Shinde)
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