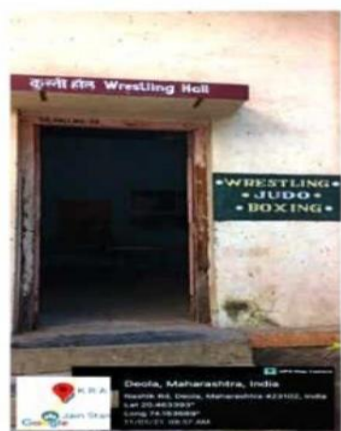
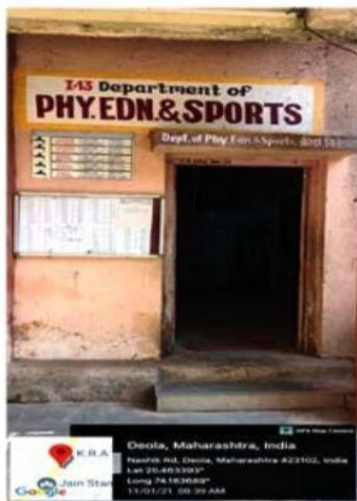




**Karmaveer Ramraoji Aher Arts, Science and Commerce College Deola,
Dist. Nashik, Maharashtra**

DEPARTMENT OF PHY.EDN.& SPORTS





Yoga & Meditation Training



Karmveer Ramraoji Aher Arts Commerce and Science College Deola organized yoga & meditation camping for N.C.C Department. During 1st June to 21st June 2020 at online platform (zoom meeting). The Principle H.R.Aher inaugurated this programme NCC officer & N.C.C cadets organized this training. Total 46 NCC cadets participated in this yoga training cadet Anjali Aher (Deola) given training to NCC cadets every morning form 7.30 am to 8.30 am.

The student performed various activities, yoga & meditation practical in this training.



H.R. Aher
Principal
Kar. Ramraoji Aher Arts, Sci. &
Comm. College, Deola (Nashik)