



Sangola Taluka Shetkari Shikshan Prasarak Mandal Sangola's

DR. GANPATRAO DESHMUKH MAHAVIDYALAYA SANGOLA

(Arts & Science, E.C.S. & B.C.A.)

Tal. Sangola Dist. Solapur Pin. 413 307 (Maharashtra)

(Affiliated to P.A. H. Solapur University)

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Website : www.vmsangola.org



Principal : Dr. S.M. Mulani

M.A.Ph.D. (Geography)

(Third Cycle Accredited by NAAC
with 'B' Grade (CGPA of 2.24))

Ref. No.

समद- 2023-24

Date : 16/01/2024

To,

Mr. Hurdukhe J.N

Dept. of Physical Education

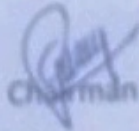
Dr. Ganpatrao Deshmukh Mahavidyalaya, Sangola

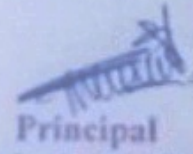
Subject: - Invitation letter for guest lecture.

Dear Sir,

It is an immense pleasure that staff academy is going to arrange guest lecture on "Benefits of Yoga" on 20th Jan. 2024. You are one of the known scholar and speaker in health and yoga. Your guidance and discussion will surely benefit the college staff. So kindly accept our invitation as guest lecturer and convey your acceptance at the earliest. Your response will be highly appreciated in this regard.

Yours Sincerely,


Chairman


Principal

Dr. Ganpatrao Deshmukh Mahavidyalaya
Sangola Tal. Sangola Dist. Solapur

Dr. Ganpartrao Deshmukh Mahavidyalaya, Sangola

Staff Academy Committee,

Organized lecture on

"Benefits of Yoga"

20th Jan. 2024

Program schedule

Introduction:	Assot.Prof. Dr. Gaikwad R.S.
Lecturer:	Mr. Hurdukhe J.N.
Vote of thanks:	Dr. Randive S.R.

Particulars


**Audience: All Staff of Dr. Ganpartrao Deshmukh Mahavidyalaya,
Sangola.**

**Venue: Department of Geography (Dr. Ganpartrao Deshmukh
Mahavidyalaya, Sangola.)**

Time

11.30 A.M. to 12.30. P.M.


Chairman


Principal
Dr. Ganpatrao Deshmukh Mahavidyalaya
Sangola Tal. Sangola Dist. Solapur



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Ref. No. २१३४ २०२३-२४

Date : २०/०१/२०२४

To,
Mr. Hurdukhe J.N
Dept. of Physical Education
Dr. Ganpatrao Deshmukh Mahavidyalaya, Sangola

Respected sir,

We are very thankful to you for accepting an invitation as a guest lecturer on the topic "Benefits of Yoga" organized by staff academy committee of Dr. Ganpatrao Deshmukh Mahavidyalaya Sangola on 20th Jan, 2024

We expect your cooperation in future.

Yours Sincerely,


Principal

Ganpatrao Deshmukh Mahavidyalaya
Sangola Tal. Sangola Dist. Solapur


Chairman



सांगोला, महाराष्ट्र, भारत
C5MQ+388, कदलास नाका, सांगोला, महाराष्ट्र 413307, भारत
Lat 17.432631°
Long 75.18789°
20/01/24 11:46 AM GMT +05:30




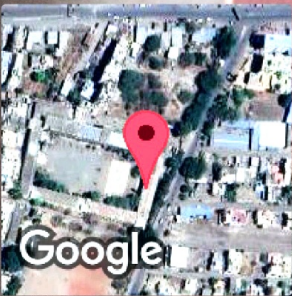
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Yoga Before General Exercise

- Hip Circles: Stand on one leg, using a counterweight for support, and gently swing the opposite leg in circles out to the side.
- Arm Circles:
- Arm Sweeps:
- High Kicking:
- Head-to-Toe Walk:
- Lunges with a Twist:
- Step Up and Down:

 GPS Map Camera



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