



Founder



Karmaveer Bhausaheb Hiray

Mahatma Gandhi Vidyamandir's

## ARTS & COMMERCE COLLEGE, YEOLA

Affiliated to Savitribai Phule Pune University, Pune ID. No. PU/NS/AC/014/ (1970)

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NAAC Re-accredited B+ Grade (CGPA 2.62)

Date: 4 Dec. 2022

### Circular: Yoga Capacity Development Program

#### Yoga Capacity Development Program at MGV's Arts and Commerce College, Yeola

Dear Students and faculty members,

We are excited to announce the commencement of our Yoga Capacity Development Program, from this academic year. The activity is aimed at enhancing your physical and mental well-being. In the hustle and bustle of academic life, it's essential to find balance and take care of your holistic health.

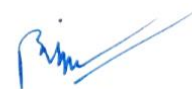
The program will be exclusively free and conducted by experts. The duration for the program is one week.

Program Highlights:

Holistic Yoga Sessions:

Stress Management:



  
Principal  
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