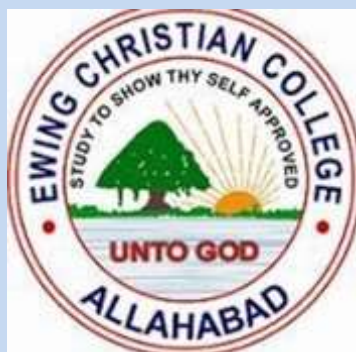


# N.C.C. FOR BETTER HEALTH



**BY**

**NAVAL N.C.C.**

**EWING CHRISTIAN COLLEGE**

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**DR. BHASKAR SHUKLA**

**HOD DEPARTMENT OF PHYSICAL EDUCATION  
H.N.B.GOV.T.COLLEGE, NAINI, PRAYAGRAJ.**

**TOPIC**

**“HEALTHY LIVING THROUGH YOGA”**

**21<sup>ST</sup> JUNE 2022, Tuesday, Time: - 6:00pm-7:00pm**



**Lt. Cdr. Dr. Ajin Ray**  
(A.N.O.)



**Lt. Dr. Thomas Abraham**  
(A.N.O.)