



**SRBS**

Bombay Suburban Art & Craft Education Society's  
**SHEILA RAHEJA SCHOOL OF BUSINESS MANAGEMENT AND RESEARCH**  
Raheja Education Complex, Kher Nagar, Opp. Chhatrapati Shivaji Ground,  
Bandra (E), Mumbai – 400 051

Date: - 24th Aug, 2019



## DISTRICT LEVEL-YOGA CAMP

A program organized by National Service Scheme, University of Mumbai  
From 19<sup>th</sup> August, 2019 to 23<sup>rd</sup> August 201, at Dhirajlal Talakchand  
Sankalchand Shah College of Commerce, Malad East & Ambika Yoga Kutir, Kelwa.

A three day District-level Yoga Camp taught the participants various techniques of yoga. The Yoga guru stressed on devoting some time to yoga every day as it is the only remedy to cure many ailments. He explained the functioning of food processing in a scientific manner and the usefulness of yoga in maintaining proper health. From our institute 2 NSS volunteers, from BMS participated and learnt many things from the yoga guru.

Snap1: Group photo



**Dr. Yogesh Ingle**  
Program Officer-NSS Committee



**For Sheila Raheja School of Business  
Management & Research**

  
Director