

CAMP EDUCATION SOCIETY'S
Rasiklal M Dhariwal Institute of Management,
Nigdi, Pune

International Yoga Day

21st June, 2019

21st June, 2019 marks the fifth International Yoga Day. Yoga, a spiritual discipline, is based on an extremely subtle science which focuses on bringing harmony between mind and body.

The word "Yoga" is derived from the Sanskrit root 'yuj' meaning "to unite". According to Yogic scriptures, the practice of Yoga leads to the union of an individual consciousness with the universal consciousness.

The preparations for this grand event had begun weeks before. The staff members and students learned & practiced various yoga techniques under the guidance of expert trainers.

We are pleased to mention our gratitude to honorable chairman Shree Walchand Sancheti Sir, Camp Education Society and all trust members for continuous motivation and cooperation by all the possible means.