

Yoga & Health



Avenue		Medical I
Avenue Chairs		Advisor : PDG Dr. Badar Maskati Jt. Advisor : Tushar Shah Dr Chairman : Shekhar Suradkar Dr Co Chair : Ramesh Shete Dr Co Chair : Surekha Patil Dr
District Chairs	:	Sitaram Shah N Shankar
Objective of the Committee	:	<i>Yoga has a complete message for the humanity. It has a message for the human body. It has a message for the human mind And it has a message for human soul.</i> SPREAD AWARENESS ABOUT YOGA Organize Yoga camps in schools, colleges, societies, Police stations, all across city
What Clubs should do	:	Organize Yoga camps in schools, colleges, societies, Police stations, all across city Distribute Book-Marks with Message on Yoga & Health Help with making a Directory of Yoga institutions.
List of Clubs having such projects	:	RC Ghatkopar, RC Hanging garden, RC Bombay West, RC Bombay
Name of the Resource Persons in District	:	
Links to important external or Rotary website	:	www.yogadirectorymumbai.com
Photographs of outstanding Projects	:	-