



**SVKM'S Mithibai College of Arts, Chauhan Institute of Science and
Amruthen Jivanlal College of Commerce and Economics (AUTONOMOUS)**

Affiliated to University of Mumbai

NAAC Reaccredited A Grade, CGPA: 357 (February 2016)

**Granted under RUSA, FIST DST & Star College Scheme of DBT and FIST DST, Government of
India BEST COLLEGE (2016-2017), University of Mumbai.**



NSS, NCC and DLLE



jointly organizes

CELEBRATION OF INTERNATIONAL YOGA DAY

INSTRUCTIONS

1. Please carry Yoga Mat
2. Wear comfortable cloths
(white T shirt/ top preferably)
3. Avoid heavy breakfast
before Yoga



Date : 21st June 2023

Time: 9:00 AM

Trainers:

- Atmarpit Preetyben Lunavat
- Deepika Mehta

Venue : Mithibai College (Main Foyer, Ground Floor)

