

KAASH FOUNDATION MUMBAI



**KAASH Foundation's
KAASH Swaasthya Manthan (KSM)
is celebrating the**

INTERNATIONAL YOGA WEEK

**(For the 5th consecutive year in accordance
with the Common Yoga Protocol as set forth by
the Ministry of AYUSH, Government of India)**

Yoga for Vasudhaiva Kutumbakam

(15th June - 21st June 2023)

योग: कर्मसु कौशलम्।

(Yoga is excellence in action)



To know more about us, kindly visit our website: www.kaashfoundation.org

KAASH FOUNDATION MUMBAI



WHO ARE WE?

Dr. Avkash Jadhav, a renowned historian, researcher, and environmental, cultural, and human rights activist, launched the Mumbai-based KAASH Foundation on October 3, 2019.

With our group of incredibly committed professionals - Professors, Academicians, Doctors, Architects, Social Workers, and a sizable Youth Brigade - we seek to amalgamate and centralize social work on a global platform through our four verticals: Education, Environment, Health, and Heritage. We also give people the SCOPE and HOPE to initiate their journeys of progress and reciprocation.

We are registered under:

- Bombay Trust Act, 1950 (Reg. No.: E - 35343)
- Income Tax Act with 12A and 80G certification
- Ministry of Corporate Affairs, Govt. of India (CSR No.: CSR00016436)
- NITI Aayog, Govt. of India (NGO Darpan No.: MH/2022/0328154)

OUR COMMITMENT TO YOGA

By promoting alternative health practices including Yoga, Naturopathy, Sujok, Sound Meditation Healing, Acupressure, and Ayurveda, among others, we have long worked to change the way people think about health. We have long recognized the importance of Yoga, not in isolation but in sync with topics like psychology, psychiatry, dietary patterns, and finding one's 'inner self'. Since 2019, we have been working to promote yoga as a way of life. We have connected with thousands of students, professionals, businesspeople, teachers, senior citizens, and others during the past four years.

KAASH FOUNDATION MUMBAI



OUR PROGRAM DIRECTORS FOR THE WEEK



**Dr. Avkash
Jadhav**

Founder-Trustee
KAASH Foundation



**Renuka
Vyas**

Joint Director
(Health)

OUR PROGRAM COORDINATORS FOR THE WEEK



**Pooja
Malkar**

Coordinator, KSM



**Alkesh
Shah**

Associate Joint Director
(Health)

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OUR PATRONS FOR THE WEEK

Shri. Baba Hande

Former Municipal Councilor,
Municipal Corporation of
Greater Mumbai

Shri. Vijay Aundhe

Vice-President,
Pune Region, FESCOM

**Shri. Sharad
Dicholkar**

President,
Mumbai Region, FESCOM

Ar. Sunil Magdum

Principal,
Dr. Baliram Hiray College
of Architecture, Bandra,
Mumbai

**Mr. Mahesh
Narvekar**

Director, Disaster
Management Cell, Municipal
Corporation of Greater
Mumbai

**Shri. Bapu
Shingare**

Child Development Program
Officer, Integrated Child
Development Services,
Vikramgad, Palghar District,
Maharashtra

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HAVE A LOOK AT OUR YOGA & HEALTH AWARENESS CAMPS LINED UP FOR THE WEEK!

15th June 2023 (Thursday): 7:30 AM - 9:30 AM
For the residents at S.G. Barvenagar School No.3,
Barve Nagar, Bhatwadi, Ghatkopar West, Mumbai

16th June 2023 (Friday): 8:00 AM - 10:00 AM
For the residents of Manav Mandir Society, M.G. Road,
Goregaon West, Mumbai

17th June 2023 (Saturday): 8:00 AM - 10:00 AM
For the residents of Century Mill, MHADA Complex,
Prabhadevi, Mumbai

18th June 2023 (Sunday): 8:00 AM - 10:00 AM
For Senior Citizens at Shramik Senior Citizen Union,
N. M. Joshi Marg, Beside Municipal School, Lower
Parel, Mumbai in collaboration with Federation of
Senior Citizens of Maharashtra (FESCOM)

19th June 2023 (Monday): 3:00 PM - 5:00 PM
For the officers and staff of the Disaster Management
Cell of the Municipal Corporation of Greater Mumbai,
Municipal Head Office, Annexe Building, 2nd Floor,
Fort, Mumbai

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HAVE A LOOK AT OUR YOGA & HEALTH AWARENESS CAMPS LINED UP FOR THE WEEK!

20th June 2023 (Tuesday): 8:00 AM - 10:00 AM
For the teaching staff and students of Dr. Baliram Hiray College of Architecture, Bandra, Mumbai

21st June 2023 (Wednesday): 7:00 AM - 8:00 AM
Kasal Gram Panchayat, 9/10 New English School, Kasal, Sindhudurg District, Maharashtra

21st June 2023 (Wednesday): 8:00 AM - 10:00 AM
For the residents of Piramal Nagar, Goregaon West, Mumbai

21st June 2023 (Wednesday): 8:00 AM - 12:00 PM
For 500 tribal students and anganwadi sevikas at Vikramgad, Palghar District, Maharashtra in collaboration with Integrated Child Development Services (I.C.D.S.), Vikramgad

21st June 2023 (Wednesday): 9:00 AM - 10:00 AM
Vajrewadi Kasal, Kudal Taluka, Sindhudurg District, Maharashtra

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OUR CAMPS ARE LED BY OUR TEAM OF CERTIFIED YOGA TRAINERS AND PROFESSIONALS WHO WILL GUIDE YOU AT EVERY STEP OF THE WAY. MEET THEM HERE!

Alpa Mehta



Alkesh Shah



Pooja Malkar



Sakshi Chavan



Uma Parab



Arundhati More



Neha Sawant



Dhwani Shah



Asmita Betkar



Shernaz Vatchha



Bhumika Gohil



Shreeraj Jadhav



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OUR COLLABORATORS FOR INTERNATIONAL YOGA WEEK 2023

**Federation of Senior Citizens
of Maharashtra (FESCOM)**

**Municipal Corporation
of Greater Mumbai (MCGM)**

**Dr. Baliram Hiray College of
Architecture, Bandra, Mumbai**

**Integrated Child Development
Services (I.C.D.S.), Vikramgad,
Palghar District, Maharashtra**

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FEW OF OUR COLLABORATORS IN THE PAST...

**Central Council for Research in Yoga
and Naturopathy, Ministry of AYUSH,
Government of India**

**Morarji Desai National Institute of
Yoga, Ministry of AYUSH,
Government of India**

**Dev Sanskriti Vishwavidyalaya,
Haridwar, Uttarakhand**

Kaivalyadhama, Mumbai

**NAPLNO Dance and Yoga Centre,
Prague, Czech Republic**

**Institute of Yogarts,
Harrow, United Kingdom**

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YOU CAN VISIT OUR

WEBSITE

<http://www.kaashfoundation.org/>

INSTAGRAM

https://www.instagram.com/kaash_foundation_org/?hl=en

FACEBOOK

<https://m.facebook.com/kaashfoundation/>

WORDPRESS

<https://kaashfoundation.wordpress.com>

KAASH FOUNDATION MUMBAI

YOUTUBE CHANNEL

<https://www.youtube.com/@kaashfoundationmumbai848>