



**ASANA CLUB**  
HEAL YOUR SOUL

2025

# Asana Orientation

ON THE OCCASION OF  
ASANA CLUB  
INDUCTION &  
ORIENTATION

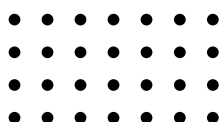
**Event Name: Asana  
Orientation**

**Organized by: Asana Club**

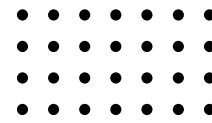
**Date: 22nd August 2025**

**Time: 03:00 PM – 04:50 PM**

**Venue: Auditorium**



# Introduction:



On the occasion of Asana Club Induction & Orientation, the Asana Club of IFHE organized an engaging session titled “Asana Orientation”. The event took place on 22<sup>nd</sup> August 2025, aiming to introduce juniors to the roots of Asana, highlight its vision, and present the newly launched domains that will drive the club’s initiatives forward



## Objectives of the

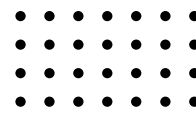
- To familiarize juniors with the core values and roots of Asana.
- To introduce the new domain leads of the club and their scope of activities.
- To encourage students to actively participate in Asana’s initiatives.
- To foster a sense of belonging, discipline, and teamwork among new members.

# Event Highlights

The session was conducted in an interactive and engaging manner, making juniors feel welcomed and inspired to explore the world of Asana.

- The orientation began with an overview of the club's vision and mission.
- Each new domain leads was presented, explaining its purpose, role, and opportunities for students.
- Juniors were encouraged to interact with the domain heads and clarify their queries.
- The session emphasized how Asana blends physical discipline, mindfulness, and creativity across its initiatives.





# Special Address

Following the session, Mr. Anjana Matta, Club Incharge, shared an inspiring address with the juniors. He spoke about the roots of Asana and how its values can guide not only academic success but also personal growth. With simple yet powerful words, he reminded everyone of the importance of discipline, balance, and teamwork in shaping both individuals and the community. He encouraged the juniors to see Asana as more than just a club—rather, as a family that supports growth, focus, and resilience. His heartfelt message left the students motivated, confident, and eager to contribute to the club’s journey ahead.



## CONCLUSION

The orientation concluded with an open networking session where juniors interacted with seniors and core team members. The event created an atmosphere of enthusiasm and collaboration, leaving the juniors motivated to step into their respective domains. “Asana Orientation” marked the beginning of a new chapter for the club, uniting fresh energy with the existing spirit of Asana, and laying a strong foundation for future activities.

