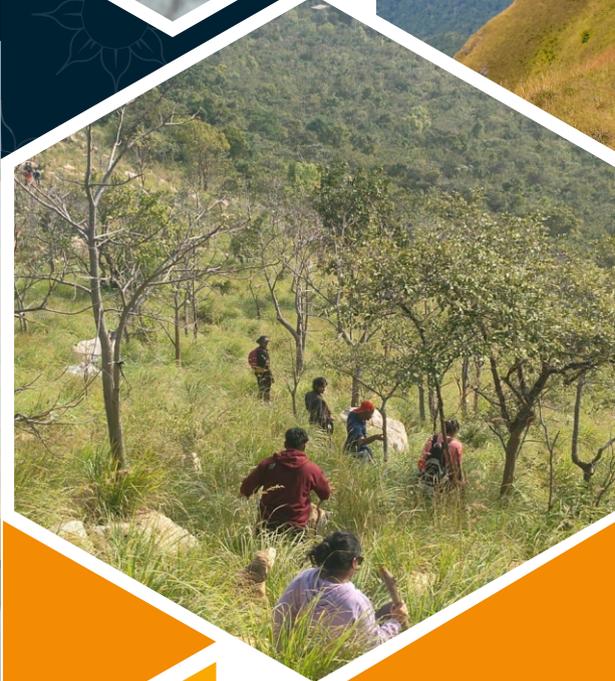




# AROGHYAAN

LIFESKILL TRAINING ACADEMY

PLACE FOR HEALTHY ENJOYMENT



**L**ife Skills  
**A**dventure  
**W**ellness

Experience the Joy of Learning in Harmony with Nature

## About Us

Aroghyaan Life Skill Academy is located in a beautiful and peaceful green campus at the foothills of Jeevagiri mountain, next to a calm and refreshing river and a huge lake. Our unique location is perfect for creating life-changing experiences that help you heighten in mind, body, and soul. We offer accommodation and unlimited hygienic and tasty food to keep you energized and make your time with us enjoyable and fulfilling.

## Our Programs



### OBT Program

For College Students & Corporate Groups



### Tours and Trips

On Varied Themes like Adventure, Exploration & Culture



### Camps and Classes

To Maintain Health and Emotional Balance



### Event Management

To Make your Celebrations Special

## OBT Program

Our Outbound Training (OBT) program uses fun and experiential activities in nature to build teamwork, communication, leadership skills, etc.; it's a powerful way to learn, grow and connect with others.

- ▲ **Icebreaker and Trust Building Activities** - bring connectivity
- ▲ **Team Building Exercises** - enable cooperation with coexistence
- ▲ **Leadership Development Activities** - cultivate confidence
- ▲ **Problem-Solving and Critical Thinking Exercises** - sharpen analytical abilities
- ▲ **Stress Management Activities** - build resilience to manage stress
- ▲ **Adventure and Risk Taking Activities** - encourage stepping out of comfort zones

## Camps and Classes

Aroghyaan camps and classes help individuals to develop and enhance their mind, body and intellect. It also provides opportunities for participants to get a deeper understanding of themselves and bring about a great transformation in their lives.

- ▲ **Yoga asana camps** improve body flexibility and health
- ▲ **Pranayama camps** enhance and balance energy level in the body
- ▲ **Medicine Free health camps** provide guidance for leading a healthier life
- ▲ **Happy camps** increase positivity with practicality
- ▲ **Chakra toning camps** help align emotion and energy
- ▲ **Personality development camps** develop discipline and determination





## Tours and Trips

Our trips and tours are designed to ignite your spirit of exploration and provide unforgettable experiences. From trekking through scenic landscapes to exploring cultural and spiritual destinations, we offer unique journeys that blend thrill and learning with rejuvenation.

- ▲ **Adventures camps** to conquer rugged trails and immerse yourself in the beauty of nature
- ▲ **Kayaking and Trekking camps** to explore and experience water activities in different landscapes
- ▲ **Forest and Mountain stay camps** to connect with nature and understand it as it is
- ▲ **National tours** to explore India's diverse landscapes, cultures and traditions

## Event Managements

At Aroghyaan Life Skill Academy we create memorable celebrations in a serene, nature-filled environment. Whether it's a birthday, anniversary, family gathering, or workshop, we offer the perfect setting and customized solutions to make your event unique and joyful.

- ▲ **Birthday Parties** Celebrate with fun activities and a joyful atmosphere
- ▲ **Anniversaries** Make your special day unforgettable with a peaceful and scenic setting
- ▲ **Family Gatherings** Strengthen bonds with loved ones in a refreshing natural space
- ▲ **Workshops & Training Programs** Conduct professional and personal growth sessions
- ▲ **Spiritual & Wellness Retreats** Organize meditation, yoga and healing sessions



## Why Choose Aroghyaan Life Skill Academy?

Our programs cater to individuals and groups seeking stress relief, personal improvement and a renewed sense of purpose in life. Whether enhancing team productivity, developing leadership skills, or simply unwinding, Aroghyaan offers a holistic approach to personal and professional development.



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