

ACTIVITIES AND PROGRAMS UNDER
Azadi ka Amrit Mahotsav (AKAM)

Department:	Skill Development Department
Event Name:	YOGA
Event Location:	Govt ITI Ramban
Organizer:	Superintendent ITI Ramban
Activity Date:	13-02-2023
Instructors Participation:	Smt. Aqeela Amin, Sh. Nasir Amin & Sh. Mohd Shahid.
Trainees Participation:	40 No's.
Mode:	Offline

Theme:

Actions @75. This theme focuses on all the efforts that are being undertaken to help India take its rightful position in the new world order emerging in a post covid world by highlighting the steps being taken to implement policies and actualize commitments.

Event Description and Photographs:-

Yoga activities and awareness program held under Fit India Movement was carried out in the premises of ITI Ramban on 13-02-2023 under Azadi Ka Amrit Mahotsav (AKAM) by Vocational Instructors along with the trainees of different trades. In this programme nearly forty (40) trainees participated and performed the activity with full dedication and enthusiasm.

Yoga is an ancient technique involving physical postures and breathing exercises, which has an overall soothing effect on one's mind and body. It helps in improving the overall strength and stamina of the body. It promotes a good mood and helps to maintain positivity. The most wonderful thing about yoga is that it can be practiced by anyone at any place. The only fundamental requirement is that it should be performed in a clean environment. You can use a yoga mat if you want else grass or sand will just be fine. There is also no fixed time limit for yoga practice; however, any form of yoga should be practiced for at least 15–20 minutes regularly, to see the benefits. Today yoga has become extremely popular not only in its country of origin, India but also all over the world. Around 300 million people practice yoga around the globe. In this awareness program the main emphasis was given to create "Awareness about YOGA and its benefits", and the job was done successfully.

