

# ADULT LITERACY PROGRAM

## MONTHLY REPORT OF MAY 2022 At JEEVADANI PADA CENTRE

An initiative by Rotary Club of Bombay in association with Anum Foundation & Kaivalyadhama. Our hope from this initiative that Adult population from backward communities will be able to read and write and being able to keep up with current events, communicate effectively and understand the issues that are shaping our society. As literacy skills are crucial for the realization of individual potential, increased empowerment, and economic, social, and political participation.

Total no of women enrolled with us was 50, when we surveyed and registered for the Adult Literacy program, currently there are 43 active participants and remaining 7 women could not attend the program due to their personal issues and expected join in our batch.

Yoga classes are being taken in one batch from afternoon 2.30pm to 3.30pm on every Saturday (one a week).

### YOGA CLASS



#### **SHEETKARI PRANAYAMA:-**

**Benefits:-** It cools down the body temperature so it is useful in fever. It is beneficial in mouth related diseases, throat and tongue. Best for high blood pressure and for the summer session.

#### **BRAHMAMUDRA:-**

**Benefits:-** This is very good for the neck and shoulder muscles, cervical spine and for relaxing the upper body.

**Feedback:-** Here new session of yoga is started at Jeevadani pada. They are showing unrespectable interest for yoga as they are aware of benefits and wanted a good director to guide for asanas. Damupada is nearby Jeevadani pada. They too want to continue session so they joined at Jeevadani pada for yoga. They both centers are enjoying and are getting better results in their body.