

# ADULT LITERACY PROGRAM

## MONTHLY REPORT OF MAY 2022

### At Jogeshwari 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 60, when we surveyed and registered for the Adult Literacy program, currently there are 51 active participants and remaining 9 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 Tuesday (one a week).

### YOGA CLASS



#### **PASCHIMOTTANASANA:-**

**Benefits –** This is It helps in constipation, dyspepsia and seminal weakness. It strengthens the abdomen, back and thigh muscles. It removes the possibility of sciatica. It keeps the spine supple and healthy. It also gives a nice stretch to the hamstring and back muscles.

#### **LOMA VILOMA:-**

**Benefits:-** It is very beneficial for heart diseases, hypertension and psychological problems. It helps to release mental tension and in controlling emotions. It also improves blood circulation. It also balances the activities of the nostrils.

**Feedback:-** Ladies are backbone of house they work for all of us. Yoga helps them to work for their self. Ladies work out a lot and regularly. Which has reduced there complains of pains and one major result is that they are getting better relief in period cramps and so they are addicted to yoga.