

Project - Ayush, Yoga

About Project

Ayush, Yoga Project is implementing by TRY in 3 districts of Jharkhand namely Ranchi, Dumka and Saraikela under the Ministry of Ayush Jharkhand. Objective of the project is to facilitate Yoga Sessions at AYUSH Health and Wellness Centres as well as in School & Community. Male Yoga Instructors conduct 32 yoga sessions and female Yoga Instructors conduct 20 yoga sessions for female group at Ayush Health and Wellness center (AHWC), School and community level each month as per session scheduled.

Objectives and goals of the project

- Facilitation of Yoga sessions for any participants free of cost.
- Capacity building of ASHAs and ANM/ MPW or any other Volunteer in the aspect of Yoga.
- Help Community Health Worker (CHO), ANM and ASHAs for conducting awareness campaigns.

Allocation of manpower per AHWCs (Ayush Health and Wellness center)

District	Number of AHWCs	Number of Yoga Instructor (Working)
Ranchi	15	28
Dumka	12	19
Saraikela	25	45
Total	52	92

Achievement/accomplishment

District wise Session held till date

District	Number of Session Completed
Ranchi	5952
Dumka	2903
Saraikela	8996
Total Session	17851

Expected Outcomes for community health well being

yoga will promote a comprehensive approach to health and well-being of community of project location with addressing the physical, mental and emotional aspects of wellness. Regular practice will lead to significant improvements in overall health and quality of life of individuals.

As Yoga incorporates various health benefits such as managing chronic pain conditions, Improved Cardiovascular Health, help lower blood pressure and cholesterol levels, balance hormone levels by reducing stress hormone and promoting the release feel-good hormones. Yoga will also promote mental well-being by reducing symptoms of anxiety, depression, leading to improved overall mental health.

Photographs of Yoga Session





GPS Map Camera



Ranchi, Jharkhand, India
89Q8+G9R, Chutia - Namkum Rd, Namkum, Ranchi, Jharkhand
834010, India
Lat 23.339423°
Long 85.366031°
05/08/23 09:31 AM GMT +05:30



Apr 27, 2024 7:42:08 AM
199° S
Dehuridih
Kolhan Division
Jharkhand
Altitude: 206.6m
Speed: 0.0km/h



Swarnambika Vidyalaya
स्वर्णम्बिका विद्यालय