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WORLD VISION FOUNDATION

Pervious Yoga Programme of World Vision Foundation



World Vision Foundation initiative to work in the field of Yoga in various districts of Jharkhand. Here are some potential areas of work has been done by the society:

Awareness and Education : World Vision Foundation is organize workshops, seminars, and awareness campaigns to educate the local communities about the benefits of yoga and its various practices. This is include sessions on the physical, mental, and spiritual aspects of yoga, as well as its potential for stress reduction, improved well-being, and overall health.



Yoga for women's Empowerment : World Vision Foundation offer yoga programme special tailored for women, focusing on empowerment self care, and building self-esteem. These programs include yoga classes, workshop on women's health with the support of Indian yoga association, Jharkhand chapter.

Yoga Training: The foundation provide yoga training programs for individuals interested in becoming yoga instructors. These programs can be designed to cater to different age groups and fitness levels, and can cover various yoga styles.



Specialized Yoga Programs: World Vision Foundation develop specialized yoga programs to address specific needs of vulnerable groups. yoga adopted for children with special needs, pregnant women, elderly individuals, or those recovering from trauma or illness. These programs can be tailored to meet the unique requirements and challenges of each group.



The Number of people including children, women, senior Citizen and Special being has participated and benefited to this programme. People of all background and age, take initiative to work and do yoga in their daily life. The Foundation provide Yoga training programme for individuals interest in becoming yoga instructors in the Guidance of IYA (Jharkhand State Chapter).