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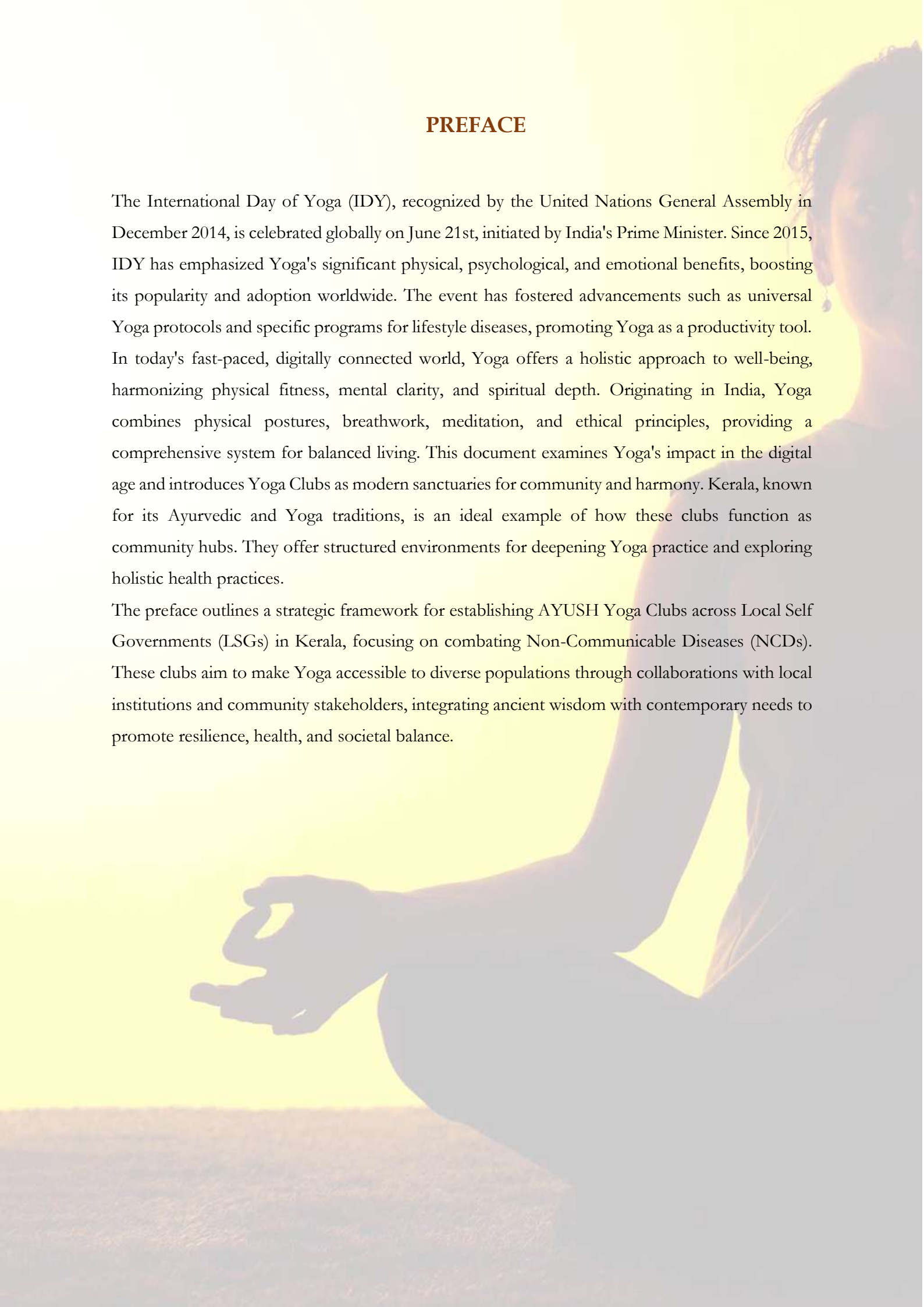
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PREFACE

The International Day of Yoga (IDY), recognized by the United Nations General Assembly in December 2014, is celebrated globally on June 21st, initiated by India's Prime Minister. Since 2015, IDY has emphasized Yoga's significant physical, psychological, and emotional benefits, boosting its popularity and adoption worldwide. The event has fostered advancements such as universal Yoga protocols and specific programs for lifestyle diseases, promoting Yoga as a productivity tool. In today's fast-paced, digitally connected world, Yoga offers a holistic approach to well-being, harmonizing physical fitness, mental clarity, and spiritual depth. Originating in India, Yoga combines physical postures, breathwork, meditation, and ethical principles, providing a comprehensive system for balanced living. This document examines Yoga's impact in the digital age and introduces Yoga Clubs as modern sanctuaries for community and harmony. Kerala, known for its Ayurvedic and Yoga traditions, is an ideal example of how these clubs function as community hubs. They offer structured environments for deepening Yoga practice and exploring holistic health practices.

The preface outlines a strategic framework for establishing AYUSH Yoga Clubs across Local Self Governments (LSGs) in Kerala, focusing on combating Non-Communicable Diseases (NCDs). These clubs aim to make Yoga accessible to diverse populations through collaborations with local institutions and community stakeholders, integrating ancient wisdom with contemporary needs to promote resilience, health, and societal balance.



Introduction

The concept of yoga encompasses a comprehensive system of practices designed to promote physical, mental, and spiritual well-being. Originating in ancient India, yoga combines physical postures, breathing exercises, meditation, and ethical principles to achieve holistic health and inner peace. Yoga therapy extends these principles by applying specific yoga practices to address individual health issues, offering personalized therapeutic interventions for physical and psychological conditions. A Yoga Club serves as a community space where individuals can explore and deepen their practice, engage in regular classes and workshops, and connect with like-minded individuals. It provides a supportive environment for members to experience the benefits of yoga and yoga therapy, fostering overall wellness and a balanced lifestyle.

In the hustle and bustle of modern life, characterized by constant connectivity, high stress, and sedentary habits, yoga practices offer a sanctuary of balance and well-being. Yoga provides a holistic approach to counteract the physical and mental strains of contemporary lifestyles. Through physical postures, yoga helps alleviate common issues like back pain and poor posture resulting from long hours of sitting. Breathing exercises and meditation promote relaxation, reduce stress, and enhance mental clarity, combating the effects of chronic stress and digital overload.

Incorporating yoga into daily routines fosters mindfulness, encouraging individuals to slow down and cultivate a deeper awareness of their bodies and minds. This practice supports emotional resilience and improves overall quality of life, helping people navigate the demands of modern living with greater ease and tranquility. Yoga's adaptability makes it accessible to everyone, regardless of fitness level, allowing individuals to tailor their practice to their specific needs and lifestyles. By integrating yoga into modern life, individuals can achieve a harmonious balance, enhancing their physical health, mental clarity, and emotional well-being.

Yoga and Digital Era

In the digital era, yoga serves as a vital counterbalance to the pervasive influence of technology on our daily lives. With the increasing prevalence of digital devices, people often face issues such as poor posture, eye strain, and mental fatigue. Yoga offers a holistic solution to these modern challenges by promoting physical health, mental clarity, and emotional balance.

Physically, yoga helps counteract the effects of prolonged sitting and screen time, improving posture, flexibility, and overall physical well-being. Regular practice can alleviate common issues such as back pain, neck tension, and repetitive strain injuries.

Mentally, yoga provides an escape from the constant stream of digital information and distractions. Techniques such as mindfulness, meditation, and controlled breathing foster mental clarity, reduce stress, and enhance focus. These practices help individuals develop a more mindful

relationship with technology, preventing digital burnout and promoting a healthier balance between online and offline activities. Emotionally, yoga encourages self-awareness and emotional regulation, helping individuals navigate the complexities of the digital age with greater resilience and calm. By fostering a deeper connection with oneself and the present moment, yoga helps mitigate the emotional impacts of social media and the 24/7 news cycle. Moreover, the digital era has also made yoga more accessible. Online classes, apps, and virtual communities have allowed people to practice yoga from anywhere, making it easier to integrate into busy schedules. This accessibility ensures that more people can benefit from the physical, mental, and emotional advantages of yoga, regardless of their location or lifestyle.

Concept of Yoga Clubs

The concept of a Yoga Club in India, and particularly in Kerala, is deeply rooted in the rich tradition of yoga, which has been practiced for thousands of years. In this context, a Yoga Club serves as a modern embodiment of these ancient practices, providing a dedicated space for individuals to explore and deepen their yoga practice. Kerala, known as the cradle of Ayurveda and yoga, offers an ideal setting for such a club, blending the serene natural environment with a profound cultural heritage of holistic health practices. The club functions as a community hub, offering a variety of classes tailored to different skill levels, from beginners to advanced practitioners, ensuring accessibility for all. Members can engage in regular yoga sessions, workshops, and events designed to promote physical, and mental well-being.

In addition to physical postures, the club emphasizes holistic health through practices such as meditation, pranayama (breathing exercises), and mindfulness, which are integral to the traditional yoga system. The Yoga Club in Kerala promote a supportive environment where members can connect with like-minded individuals, share experiences, and cultivate a sense of balance and harmony in their lives. It aims to inspire a lifestyle that integrates the principles of yoga into daily living, encouraging personal growth, stress relief, and overall wellness. By bridging ancient traditions with modern needs, the Yoga Club in Kerala not only preserves the essence of yoga but also makes it relevant and accessible to contemporary practitioners. The Yoga Club aims to inspire a lifestyle that integrates the principles of yoga into daily living, encouraging personal growth, stress relief, and overall wellness.

In the digital and modern era, the concept of a Yoga Club emerges as a vital space for individuals seeking balance, wellness, and community. As technology permeates every aspect of our lives, leading to sedentary lifestyles, mental fatigue, and social disconnection, a Yoga Club offers a sanctuary where members can engage in holistic practices that counteract these effects.

Physically, a Yoga Club provides a structured environment for practicing yoga postures that improve flexibility, strength, and posture, addressing the physical toll of prolonged screen time and sedentary habits. Regular classes and workshops help members cultivate a consistent practice, essential for combating the common ailments associated with modern lifestyles.

Mentally, a Yoga Club serves as a retreat from the constant digital noise. It offers mindfulness and meditation sessions that enhance mental clarity, reduce stress, and foster a sense of inner peace. These practices are crucial for managing the mental overload and anxiety often brought about by the digital age.

Emotionally and socially, a Yoga Club builds a sense of community and connection, countering the isolation that can result from excessive virtual interactions. Members can share experiences, support each other's wellness journeys, and form meaningful relationships in a nurturing environment. Moreover, the integration of technology within a Yoga Club can enhance its accessibility and reach. Online classes, virtual workshops, and digital resources allow members to maintain their practice even when they cannot attend in person, ensuring continuity and convenience.

Objectives

- Enhance physical, mental, and emotional health through a comprehensive yoga practice that includes physical postures, meditation, pranayama (breathing exercises), and mindfulness.
- Build a nurturing and supportive environment where members can share experiences, support each other's wellness journeys, and form meaningful relationships, thereby reducing the sense of isolation common in modern digital life.
- Leverage technology to make yoga practice accessible to everyone, ensuring members can consistently engage in their practice regardless of their fitness level or location, thus promoting a balanced and harmonious lifestyle.

Purpose of Yoga Club

The purpose of a Yoga Club is to create a dedicated space for individuals to explore and deepen their yoga practice, fostering physical, mental, and spiritual well-being. By offering regular classes, workshops, and community events, the Yoga Club provides a supportive environment for members to experience the holistic benefits of yoga. It aims to counteract the stresses and sedentary habits of modern life, promoting flexibility, strength, mental clarity, and emotional resilience. In addition to physical postures, the club emphasizes holistic health through practices such as meditation, pranayama (breathing exercises), and mindfulness, which are integral to the

traditional yoga system. Moreover, the Yoga Club serves as a vital space for individuals seeking balance, wellness, and community in the digital and modern era. Physically, it provides a structured environment for practicing yoga postures that improve flexibility, strength, and posture, addressing the physical toll of prolonged screen time and sedentary habits. Regular classes and workshops help members cultivate a consistent practice, essential for combating the common ailments associated with modern lifestyles. Mentally, the Yoga Club offers mindfulness and meditation sessions that enhance mental clarity, reduce stress, and foster a sense of inner peace, crucial for managing the mental overload and anxiety often brought about by the digital age. Emotionally and socially, it builds a sense of community and connection, countering the isolation that can result from excessive virtual interactions. Members can share experiences, support each other's wellness journeys, and form meaningful relationships in a nurturing environment. By integrating yoga into daily routines, the club fosters mindfulness, encouraging individuals to slow down and cultivate a deeper awareness of their bodies and minds. This practice supports emotional resilience and improves overall quality of life, helping people navigate the demands of modern living with greater ease and tranquility. Furthermore, the integration of technology within the Yoga Club enhances its accessibility and reach, allowing members to maintain their practice even when they cannot attend in person. This ensures continuity and convenience, making yoga accessible to everyone, regardless of fitness level or location, and promoting a harmonious balance that enhances physical health, mental clarity, and emotional well-being.

Initiation of Yoga Clubs

- The Yoga club will be initiated under the local self-government institution.
- Local self-government institutions should prioritize establishing the Yoga club in densely populated wards.
- The Yoga training venue in each ward should be organized with the cooperation of the ward member and the local self-government institution, ensuring that around 20 people can participate in the training simultaneously.
- An initial fund of Rs 1000/- (one thousand rupees) will be allocated for setting up the club.
- Collaboration with the All India Institute of Medical Sciences (AIIMS), Indian Yoga Association, Medical Association of India, Yoga Association of Kerala, Sports Council S.R.C., Social Welfare Department, and NGOs will support the Yoga club's activities.
- Efforts should be made to start Yoga clubs in as many wards as possible in the initial phase, with support from local self-government institutions, higher authorities, and

community members.

- The necessary materials for effective Yoga club functioning, based on local needs, should be handled by the Convenor/Joint Convenor under the guidance of DMO/DPM.
- Efforts should be made to establish the Yoga clubs and commence activities by June 21.
- Information regarding the availability of Yoga instructors should be obtained from the District Program Manager. Wherever possible, utilize the services of existing trainers.
- Considering the benefits of lifestyle disease prevention, special consideration should be given to the elderly and individuals with NCDs in training programs.
- The activities of the AYUSH Yoga club should be monitored monthly, with feedback collected to improve future activities

Structure of State AYUSH Yoga Club

The AYUSH Yoga club should consist of up to 11 members as per below criteria:

- Chairperson: Ward Member or a nominee of the Local Self-Government Institution.
- Vice Chairperson: A ward resident interested in Yoga.
- Convenor: Medical Officer from the Indian Medicine Department.
- Joint Convenor: Medical Officer from the Homoeopathy Department.
- Coordinator: A Social Worker, Yoga Instructor, or a person capable of overseeing the hub's activities in the ward.

1000 AYUSH Yoga Clubs in Local Self Governments (LSGs) Focusing on Management of Non-Communicable Diseases (NCDs)

Non-communicable diseases (NCDs) pose a significant threat to a healthy society. In Kerala, the burden of NCDs is steadily increasing due to various factors. Yoga, a comprehensive solution for many health-related issues, plays a crucial role in controlling NCDs. Regular yoga practice encourages self-awareness and helps individuals eliminate unhealthy habits, promoting a healthier lifestyle.

As part of the initiative to declare Kerala as a Sampoorana Yoga State, the National AYUSH Mission (NAM) is launching Yoga Clubs in Local Self Governments. These AYUSH Yoga Clubs, supported by AYUSH institutions in LSGs, aim primarily to control NCDs through yoga, thereby reducing out-of-pocket healthcare expenditures. The District Programme Management Unit, with assistance from District AYUSH Societies, will provide comprehensive support.

Launch Date: 1000 AYUSH Yoga Clubs commenced operations on June 21, 2023, coinciding with International Yoga Day of 2023-24.

Guidelines for Establishment

Locations: Yoga Clubs were set up in Corporations, Municipalities, and Panchayats.

Population Criteria:

- Corporation wards with populations exceeding 15,000.
- Municipal wards with populations exceeding 10,000.
- Panchayat wards with populations exceeding 1,200.

Initial Phase: At least one Yoga Club will be established in each LSGI.

Facilities: LSGIs will arrange suitable venues or Yoga Halls, led by ward members, to accommodate a maximum of 20 participants.

Instructors: NAM will provide yoga instructors for an initial period of 15 days for each club.

Funding: Each club will receive Rs 1,000 from NAM DPM to cover initial expenses.

Training and Awareness: Yoga Clubs can seek assistance from nearby AYUSH institutions with available yoga instructors for future training and awareness programs.

Support and Maintenance:

District Program Managers will facilitate all activities related to the establishment and maintenance of Yoga Clubs following issued guidelines.

- Yoga Day activities will focus on forming Yoga Clubs in LSGs.
- The clubs will be inaugurated on International Yoga Day, June 21, 2023.
- Information, Education, and Communication (IEC) activities will be conducted at each center to promote the establishment of Yoga Centers.
- Support from NGOs and other stakeholders may be sought to ensure the smooth operation of AYUSH Yoga Clubs.

This initiative aims to facilitate a healthier community by leveraging the benefits of yoga to manage and prevent NCDs.

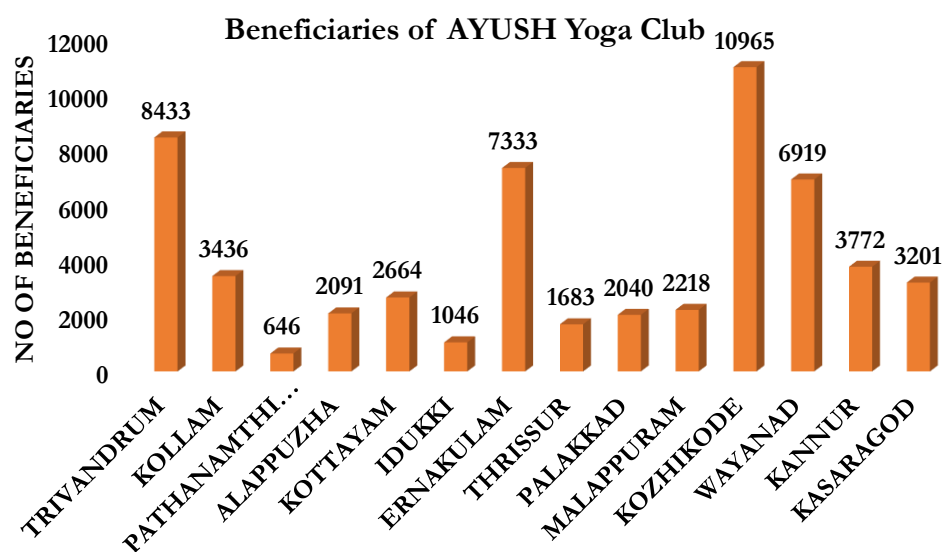
Key findings

- Kerala hosts 1055 yoga clubs, collectively benefiting 56,447 individuals, with a strong focus on engaging women, evidenced by 610 women specific clubs and 21,409 female beneficiaries in the FY 2023-24.
- Kozhikode district lead in total beneficiaries, while Wayanad shows a high ratio of women participants, and Kannur with the most women-specific yoga clubs, highlighting diverse efforts to promote yoga across demographics in the region.
- We have over 791 yoga instructors across the State to provide yoga services.
- Establishment and Distribution: Across different districts, there is a varying number of Yoga Clubs established, ranging from around 50 to over 130 clubs per district.
- Beneficiaries and Participation: The total number of beneficiaries across districts varies significantly, with some districts reporting over 3,000 individuals benefiting from yoga practices.
- Gender Distribution: Several districts emphasize women-specific yoga clubs, highlighting inclusivity and addressing women's health needs. The majority of beneficiaries were female comprising of 78% and males comprising of 22%.
- Specialized Sessions: Many districts offer specialized yoga sessions tailored to different health conditions such as arthritis, hypertension, and diabetes.
- Community Engagement: Events like International Yoga Day, health awareness programs, and cultural celebrations are integral parts of Yoga Clubs' activities, fostering community spirit.
- Impact on Health and Wellness: Health Benefits: Participants report improvements in physical health conditions and mental well-being through regular yoga practice.
- Qualified Instructors: Each district has dedicated yoga instructors overseeing club activities, ensuring quality instruction and safety.
- Coordination and Communication: Contact details provided for instructors facilitate efficient management and communication within the clubs.

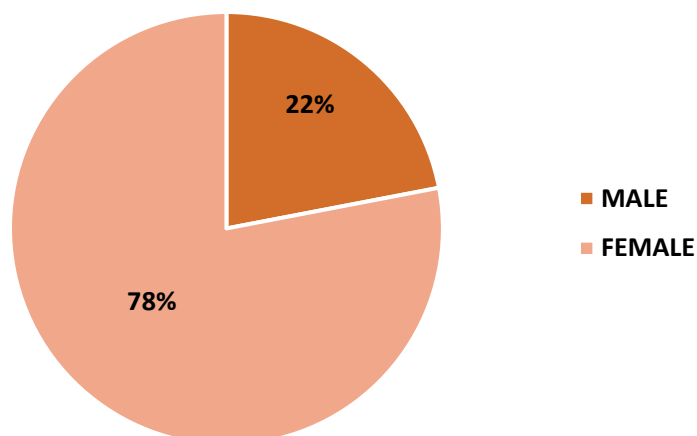
1000 Yoga Club Report of Kerala State

The 1000 Yoga Clubs initiative aims to promote health and well-being through yoga across the state of Kerala. This report provides a comprehensive overview of the number of yoga clubs and their beneficiaries, with a special focus on women's participation. The data highlights the project's reach and its impact on community health, showcasing the significant engagement of both general and female-specific yoga clubs across various districts in the state.

1000 YOGA CLUBS REPORT				
District	Total no. of yoga club	Total Beneficiaries	Total Women Yoga Club	Total Beneficiaries
Trivandrum	76	8433	90	1316
Kollam	134	3,436	41	776
Pathanamthitta	32	646	8	201
Alappuzha	61	2091	44	1157
Kottayam	135	2,664	50	1,011
Idukki	51	1,046	20	270
Ernakulam	52	7,333	40	1,843
Thrissur	39	1,683	10	809
Palakkad	82	2,040	30	329
Kozhikode	51	10,965	50	1,302
Wayanad	55	6,919	50	7,463
Malappuram	73	2,218	62	1,877
Kannur	142	3,772	90	2,098
Kasaragod	72	3,201	25	957



Beneficiaries of AYUSH Yoga Club - Gender wise



Gender	Total no of beneficiaries
Male	11360
Female	40317

Trivandrum District: Yoga Wellness Centres Report on Yoga Clubs (2023-2024)

Yoga Clubs in Trivandrum District

Sl No.	Name of Institution	No of Beneficiaries	
		Male	Female
1	YWC SAIGRAM	400	720
2	YWC Venganoor	200	1000
3	YWC Neyyattinkara	250	650
4	YWC Mangalapuram	95	1196
5	GHD Nedumangad	1	11
6	GHD Anad	0	13
7	I.C. D. S Office Hall, Navaikulam	10	13
8	AHWC, GAD, Attipra (Pallithura ward)	29	122
9	Government Homeo Dispensary Kadakampally	10	38
10	Government Higher Secondary School, Karikkakam	18	24
11	Kottukalkonam Anganwadi ward no 11	0	32
12	PHC Sub centre Thembamuttom	0	15
13	GHD Balaramapuram	5	45
14	GAD Balaramapuram	45	267
15	GHD Kanjiramkulam	4	26
16	FHC Kadakampally	5	18
17	Mini Civil Station Anayara	6	14
18	GHD kazhakoottam	5	50
19	Victory Volleyball club, Chanthavila	1	30
20	St Andrews school, GAD Cheramanthuruthu	130	140
21	Numan bhavan, GAD Cheramanthuruthu	25	16
22	Anappara ward, GAD Vithura	4	24
23	Chayam Ward, GAD Vithura	3	23
24	Vithura Koppam ward, GAD Vithura	5	29
25	BUDS rehabilitation center, GAD Aruvippuram	20	23
26	Govt.LPBS perumkadavila, GAD Aruvippuram	76	84
27	GAD Vattiyoorkavu Kids yoga club	10	20
28	GAD Vattiyoorkavu (VRA Yoga club)	10	28
29	GAD Thirupuram	5	20
30	Primary health centre (paraniyam), GAD Thirupuram	5	15
31	Bud school (ward 14), GAD Thirupuram	10	10
32	AYUSH Health And Wellness Centre GAD Kallikadu	15	68
33	Yoga Club Nirappukala	15	10
34	Yoga Club Pantha	10	12
35	Yoga Club Nettukaltheri	5	10
36	Yoga Club Ulayankonam	10	21
37	GAH Kezhuvilam-yoga club	23	136
38	Kezhuvilam gramapanchayt-yoga club - GAH Kezhuvilam	57	410
39	IAMU Nedumangadu- GAH Kezhuvilam	15	100
40	GAD Kunnathukal	20	63
41	Family Health Center, Chavady, GAD kunnathukal	10	14
42	AMRA AYC, GAD Thazhevettoor	7	7
43	AYC Ward 10, GAD Thazhevettoor	1	11
44	AYC GAD Thazhevettoor	0	11
45	AHWC GAD Kallara – 3	3	24

46	GHD Ottoor	0	10
47	GAD Uzhamalakkal - 2	0	27
48	AHWC ATTIPRA	4	22
49	Little Flower Members Yoga Club Manvila	6	25
50	Kalpark Yoga Club Pullukadu	0	16
51	AHWC GAD Kulathoor	1	20
52	Pozhikkara beach yoga club pozhiyoor, AHWC GAD Kulathoor	2	8
53	GHD Vilavoorkal	15	10
54	GHD Marukil -3	10	23
55	GSD Avanavancherry -5	6	54
56	Yoga Club, Muttacaud, GAH Venganoor	200	300
57	AHWC, GAD Kattakada - 3	0	37
58	D. V. M. N. N. M. H. S. S Maranalloor, AHWC GAD Maranalloor	146	110
59	Panchami Hall, punnavoor,AHWC GAD Maranalloor	17	13
60	GHD Navaikulam	37	60
61	Govt.Ayurveda Dispensary Ulloor	6	57

Women's Yoga Clubs in Trivandrum District

Sl No.	Name of Institution	No of Beneficiaries
1	Anad Moozhi Library	10
2	Buds School	22
3	AHWC GAD Navaikulam	23
4	Sree Narayana Memorial public library, Kulathoor (Poundukadavu ward)	28
5	Government Homeo Dispensary Kadakampally	38
6	Kottukalkonam Anganwadi ward no 11	32
7	PHC Sub centre Thembamuttom	15
8	GHD Kanjiramkulam	25
9	AHWC GAD Kadakampally	39
10	GAD Vithura	30
11	GAD Aruvippuram	24
12	GAD Vattiyoorkavu Yoga club	65
13	PHC (paraniyam) , GAD Thirupuram	30
14	Friends club at (Ward 12), GAD Thirupuram	25
15	Anganwadi hall (ward 14), GAD Thirupuram	25
16	16th stone ward-Nedumangad-yoga club, GAH Kezhuvilam	400
17	Nedumangadu municipality-yoga club, GAH Kezhuvilam	150
18	Yoga club Anakuzhi,AHWC GAD Pullamppara	30
19	Yoga club Koonanvenga,AHWC GAD Pullamppara	23
20	Yoga club Palamkonam,AHWC GAD Pullamppara	16
21	Yoga club Vellumannadi,AHWC GAD Pullamppara	26
22	Yoga club Attukala,AHWC GAD Pullamppara	17
23	Yoga club Chullalam,AHWC GAD Pullamppara	15
24	HWC Koranamcodu, GAD Kunnathukal	31
25	Memala Anganwadi, GAD Kunnathukal	20
26	Pakalveedu, AHWC GAD Kallara	7
27	GHD Ottoor	10
28	GAD Uzhamalakkal	27
29	Kudumbasree and ADS Members AHWC Attipra	20

30	Venkadambu yoga club Kanjiramthottam	15
31	GHD Vilavoorkal	35
32	Aruvakkodu GHD Marukil	11
33	Thachoorkunnu	11
34	Aarattukadavu	9
35	Avanavancherry	10
36	AHWC GAD Maranalloor	13
37	Cheruvakkal AYUSH Yoga Club,GAD Ulloor	14

Main activities conducted in Trivandrum District

Sl No.	Name of Institution	Activities
1.	AHWC Navaikulam	<ul style="list-style-type: none"> ○ Conducted awareness class and training class for ASHA. ○ Conducted awareness class and training class for Anganwadi teachers and helpers. ○ Conducted summer camp for LP school students' government LP School Navaikulam. ○ Conducted awareness and training programs for parents of Anganwadi students. ○ Conducted awareness and training programs for parents of adolescence age groups. ○ Conducted awareness class and training programs about the importance of yoga in adolescence. ○ Conducted IEC with PPT presentations on CHILDREN'S DAY celebration. ○ Conducted IEC program and yoga demonstration on the occasion of 8th AYURVEDA DAY. ○ Conducted class and training program on WOMEN 'S DAY for empowering the women. ○ 10. Conducted a class about 'THE IMPORTANCE OF PRANAYAMA IN OUR DAILY LIFE'.
2	GAD Attipra	<ul style="list-style-type: none"> ○ As part of the International Yoga Day celebration, conducted yoga training sessions at Scottish School Trivandrum, Government HSS Kulathoor and Kazhakuttom HSS
3	AHWC GAD Kadakampally	<ul style="list-style-type: none"> ○ Conducted Yoga awareness classes for MSc General Nursing, Bsc General Nursing and Health Inspector course students of Govt Medical College Trivandrum, GG Hospital, Semet Nursing College, etc ○ Yoga Awareness class for old age patients at old age homes. ○ Yoga Awareness class for Anganwadi supervisors
4	GAD Vithura	<ul style="list-style-type: none"> ○ Conducted international yoga day protocol at Pallippuram CISE, VSSCThumpa, on behalf of Ayush.
5	GAD Kallikadu	<ul style="list-style-type: none"> ○ On International Women's Day, gave a session about Women's mental health and how yoga helps to improve their mental health at the government Ayurveda dispensary Kallikadu.

6	AHWC GAD Pullampara	<ul style="list-style-type: none"> ○ Awareness class conducted on Ayurveda day, Yoga session for lifestyle diseases and Vacation Yoga session for students
7	GAD Kunnathukal	<ul style="list-style-type: none"> ○ October 2 Gandhi Jayanthi Day observed at Kunnathukal grama panchayat and gave a session about Yoga and lifestyle diseases. ○ On ayurveda Day gave a yoga session at Neelakesi vidyapeedam, Kunnathukal ○ Republic Day observed at LMLPS Kottukonam and gave a session about kid's Yoga ○ On International Women's Day, gave a session about Women's mental health and how yoga helps to improve their mental health at Memala Anganwadi ○ June 5th Environment Day observed at Neelakesi Vidyapeedam and gave a session about Yoga to adolescents.
8	GAD Thazhevettoor	<ul style="list-style-type: none"> ○ FHC Vettoor organised yoga training and awareness classes. ○ Yoga and awareness classes for CDS & ADS Members were organized at Vettur Gram Panchayat. ○ AMTTI organized yoga classes and essay writing competitions in connection with SaddhaDana. ○ Kids Yoga classes were organized in GAD during summer vacation
9	AHWC Attipra	<ul style="list-style-type: none"> ○ Conducted Yoga class at 'Govt Relief. L.P School, Kulathoor
10	GSD Avanavancherry	<ul style="list-style-type: none"> ○ Awareness class on Siddha Day celebrations. "Avadhikkaala yoga parisheelanam" for students. "Vayojana club" and yoga for Lifestyle Disorders.
11	Govt. Ayurveda Dispensary Ulloor	<ul style="list-style-type: none"> ○ Yoga class at AYUSH yoga club on republic day January 26. ○ Yoga class at AYUSH yoga club on breast cancer prevention yoga on breast cancer awareness day October 13. ○ Yoga class at AYUSH yoga club on yoga for lifestyle diseases on ayurveda day. ○ Yoga class at ayurveda day in anganwadi, Kallampally, Sreekaryam on lifestyle diseases. ○ Yoga awareness class for anganwadi teachers and helpers on yoga for women's and children's health in National Poshan maa day at Kallampally Karumbukonam auditorium,

List of HWCs in Trivandrum District

Sl. No	Name of Yoga Instructor	Name of Institution
1	Vijayakumari I	GHD Anad
2	Dr. Gayathri Chandran	GAD Navaikulam
3	Smitha S Nair	GAD Attipra
4	Sambu Priya P S	GHD Kadakampally
5	Dr Preethi Nair G	GAD Balaramapuram
6	Sapna P M	GAD Kadakampally
7	Dr Jyothisree. A	GHD Kazhakoottam
8	Dr Shan SB	GAD Cheramanthuruth
9	Sajeev P K	GAD Vithura
10	Dr Reshma Padman. A. R	AHWC GAD Aruvippuram
11	Dr. Lekshmi. P B	GAD Vattiyoorkavu
12	Dr. Reshma N M	GAD Thirupuram
13	Jayalekshmi T.S	GAD Kallikadu
14	Dr Aparna nair HS	AWC, GAD Mangalapuram
15	Visakh. M	AHWC GAD Pullamppara
16	Remya vs	GAD Kunnathukal
17	Dr Anjali. S. S	AHWC GAD Kallara
18	Azeem R S	GAD Thazhevettoor
19	Athira. M. B	GHD Ottoor
20	DR.Athira Vijayan	AHWC Attipra
21	Dr.Anjitha K.V	AHWC GAD Kulathoor
22	Lekshmi G	GHD Vilavoorkal
23	Dr. Seena. T.S	GAH Venganoor
24	Anu Mohan.s	GSD Avanavancherry
25	Sooraj R B	GAD Kattakkada
26	Kavitha R	GHD Navaikulam
27	Dr Athira. A. S	AHWC GAD Maranalloor
28	Reni.F	GAD Ulloor
29	Dr. Suby S	YWC Saigram
30	Dr.Rajesh Kumar R	YMC Neyyattinkara



KOLLAM District: Yoga Wellness Centres Report on Yoga Clubs (2023-2024)**Yoga Clubs in Kollam District**

Name of AHCWC	No of Yoga Clubs	Beneficiaries	
		Male	Female
GAD Kottamkara	2	21	117
GHD Melila	2	0	31
GAD Karunagappally	1	7	38
GHD Alappad	2	0	23
GHD Adhichanallur	6	10	226
GAD Oachira	5	1	69
GAD Thenmala	2	2	21
GHD Perinad	3	14	40
GAD Thodiyoor	2	0	40
GAD Chadayamangalam	3	3	31
GHD Ittiva	3	9	31
GAD Munroethuruthu	2	0	22
GHD Polayathode	3	18	45
GAD Panayam	5	10	76
GHD Chadayamangalam	2	6	94
GAD Thamarakkudi	1	5	11
GHD Kottarakkara	2	8	60
GAD Kareepra	6	8	63
GAD West kallada	3	60	95
GAD Kummil	3	2	38
AHCWC Veliyam	2	7	14
GAD Yeroor	5	9	58
GHD Eravipuram	3	24	71
GAD Mynagappally	3	10	23
GAD Kuzhikkalidavaka	2	7	13
GHD Sasthamkotta	2	10	37
GHD Thodiyoor	2	0	22
GAD Eravipuram	4	10	60
GAD Pavumba	8	9	123
GHD Kalluvathukkal	5	0	49
GHD Bhoothakulam	6	133	41
GHD Thrikkovilvattom	2	5	65
GAD Kannanloor	10	53	209
GAD Thrikkadavoor	2	2	79
GHD Kunnathoor	2	14	23
GHD Chathanloor	2	5	82
GNCD Punalur	6	66	128
AWC Thevally	3	40	104
AWC Srayikkad	7	56	420
Grand total	134	644	2792

Women's Yoga Clubs in Kollam District

Name of AHWC	No. of Woman's Yoga Clubs	No. of Woman's Yoga Club Beneficiaries
GHD Melila	2	31
GHD Adhichanallur	1	39
GHD Perinad	1	10
GAD thodiyoor	2	40
GAD Chadayamangalam	2	31
GHD Ittiva	1	9
GHD Polayathode	1	27
GHD Chadayamangalam	1	15
GAD Kareepra	3	37
GAD kummil	2	20
AHWC Veliyam	1	21
GAD Yeroor	2	40
GAD Mynagappally	1	28
GAD Kuzhikkalidavaka	1	20
GHD Sasthamkotta	1	47
GHD Thodiyoor	2	22
GAD Eravipuram	1	70
GAD Pavumba	4	47
GHD Kalluvathukkal	5	20
GHD Bhoothakulam	2	48
GHD Thrikkovilvattom	1	15
GAD Kannanloor	3	77
GAD Thrikkadavoor	1	25
Grand total	41	776

Main activities conducted in Kollam district by Yoga Instructors of Various AHWCs.

Activities	Participants
School yoga activities	544
Yoga awareness sessions	1315
Women's day special, she campaigns and classes	90
Ayurveda day celebration	50

List of HWCs in Kollam District

Sl. No	Name Of Yoga Instructor	Name Of Ahwc
1	Sreeja. S. R	GAD Kottamkara
2	Arun Mohan	GHD Melila
3	Dr Arya S S	GAD Karunagappally
4	Dr Nisa Salahudeen	GHD Edamulakkal
5	Yatheesh.M	GHD Alappad
6	Sreerekha. N	GHD Adhichanallur
7	Radhikadevi.R	GAD Oachira
8	Ajitha S S	GAD Thenmala

9	Karthika Mohan	GHD Perinad
10	Dr. Ganga.J.Vijayan	GAD Thodiyoor
11	Dr Neethu K	GAD Chadayamangalam
12	Sini C S	GHD Ittiva
13	Reshma.K. R	GAD Munroethuruthu
14	Sumitha Sudhakar R	GHD Polayathode
15	Dr. Saneesh B Pillai.	GAD Panayam
16	Dr Sandra Nair S R	GHD Chadayamangalam
17	Dr Ansha. R.M	GAD Thamarakkudi
18	Remya B R	GHD Kottarakkara
19	Dr. Deepa S	GAD Kareepra
20	Libin A	GAD West Kallada
21	Dr. Manjusha. K	GAD Kummil
22	Dr Krishna U	Ahwc Veliyam
23	Dhanasree Krishna P.R	GAD Yeroor
24	Abhilash P	GHD Eravipuram
25	Deeraj Kumar. T	GAD Mynagappally
26	Rekha V Gopi	GAD Kuzhikkalidavaka
27	Jyothi. V. Gopi	GHD Sasthamkotta
28	Dr Swathimol. P	GHD Pavithreswaram
29	Dr. Lekshmy. A	GAD Kulakkada
30	Dr. Athira.V. Nath	GHD Thodiyoor
31	Biji B	GAD Eravipuram
32	Dr.Manu.S.Sankar	GAD Pavumba
33	Jeejisekar.R	GHD Kalluvathukkal
34	Sreeja P Pillai	GHD Bhoothakulam
35	Jiji S S	GAD Perinad
36	Girija Kumari Amma.P. L	GHD Thrikkovilvattom
37	Princy Prem A	GAD Kannanloor
38	Rajalekshmi V V	GAD Thrikkadavoor
39	Seetha V Gopi	GHD Kunnathoor
40	Dr Anjitha Krishnang	GHD Chathannoor
41	Vishnu	Gncd Punalur
42	Simimol P R	GAD Adichanalloor
43	Divya K R	GAD Chavara
44	Girija Kumari K	Awc Thevally
45	Manoj.K	Awc Srayikkad



PATHANAMTHITTA District: Yoga Wellness Centres Report on Yoga Clubs (2023-2024)

Yoga Clubs in Pathanamthitta District

Name of institutions	Total Beneficiaries	
	Male	Female
GAD Ranni Angadi	4	11
GAD Cherukole	0	14
GHD Vadasserikkara	13	99
GAD Kaviyoor	6	77
GAD, Kallely	0	15
GAD Pallikkal	2	38
GAD Thumpamon	5	32
Samskarika Nilayam, Nukalkala, Koipram	35	52
GHD Seethathode	0	45
GAD Puramattam,	5	22
GAD Pathanamthitta	2	15
GAD Kunnamthanam	0	20
GHD Pandalam	0	15
GAD Kalloorppara	5	13
GAD Kulanada	2	13
GHD Kozhencherry	7	12
GAD Elanthoor	4	7
GAD Neervilakam	7	13
GAD Thottapuzhassery	0	30
GAD Naranganam	4	7
AYUSH Wellness Centre Kuttapuzha	10	8

Women's Yoga Clubs in Pathanamthitta District

Sl No	Name of Institution	No of Beneficiaries
1	GAD Cherukole Pathanamthitta	14
2	GAD Pallikkal	20
3	GAD Thottapuzhassery	30
4	GAD Kalloorpara	42
5	GAD, Kallely	15
6	GHD Seethathode	45
7	GHD Panthalam	15
8	GAD Kunnamthanam	20

Major Activities of Yoga Wellness Centres in Pathanamthitta District

- Yoga classes, Yoga Day celebration
- Education regarding the importance of yoga in daily life. Therapeutic Yoga practice session for the needed participants. Conducted and coordinated a summer yoga camp for kids in April and May. Yoga dance practice for the upcoming International Yoga Day.
- Yoga classes for Kudumbasree units.
- Yoga day awareness class., conducted classes for Anganwadi

- Education regarding the importance of Yoga in daily life
- Therapeutic Yoga practice session for the needed participants
- Conducted and coordinated a summer Yoga camp for kids in the month of April and May
- Yoga dance practice for the upcoming International Yoga Day
- Republic Day participation of Yoga instructors.
- Yoga classes for children.

List of HWCs in Pathanamthitta District

SL.No	Name of Yoga instructor	Name of AHC
1	Dr Anuja Radhakrishnan	GAD Thottapuzhaserry
2	Dr. Amrutha Sankar	GHD Vadasserikkara
3	Dr Nidhiya Balan	GAD Kaviyoor
4	Bindu. B	Niranam
5	Renjini S	GHD Pandalam
6	Dr. Saranya. T. S	Govt Ayurveda Dispensary Paramadom
7	Smitha S.Nair	GAD Ranni-Angadi
8	Premkumar T V	GAD Puramattam
9	Lekshmi Sreekumar	GAD Kuttoor
10	Manish Raj	Govt.Homoeo Dispensary, Kuttoor
11	Dr Sony Raj S S	Government Homoeo Dispensary Moonukallu Seethathodu
12	Dr Viji V Nair	Gad Koipuram HWC
13	Manisha. R	GHD Puthusserimala
14	Veena V P	Kunnamthanam
15	Bejoy Mathews	GHD Elanthoor
16	Rajikrishna R	GAD Elanthoor
17	Ajitha.G Nair	G A D Thumpamon
18	Midhun Vinayan	Pathanamthitta
19	Hareesh Kumar A. S.	Vallamkulam , Eraviperoor
20	K C Vijayamohanan Nair	GAD, Neervilakam
21	Meera T Abdulla	GAD Ranni Pazhavangadi
22	Anu S	AHC GHD, Kulanada
23	Sujamol A V	Govt. Homoeo Dispensary, Anickad
24	Dr Veena Ramakrishnan	Government Ayurveda Dispensary, Cherukole
25	Aswathy M Gopinath	Govt. Ayurveda Dispensary Pallickal
26	Dr Krishna K	Government Ayurveda Dispensary, Kallely
27	RENJINI K R	Kallooppara
28	Adhibha krishnan	AYUSH wellness centre Kuttapuzha
29	Nithya Ramachandran	Kozhencherry
30	Nithya Ramachandran	Kozhencherry
31	RATHEESH P	Govt Homeo Dispensary Naranganam
32	Hemaletha T G	Govt.Homoeopathy AYUSH Wellness Centre Pramadam
33	Dr.Priyanka Parvathy	Government Ayurveda Dispensary, Kulanada



ALAPPUZHA District: Yoga Wellness Centres Report on Yoga Clubs (2023-2024)**Yoga Clubs in Alappuzha District**

Name of institution	No of yoga clubs	No of women yoga clubs	YOGA CLUB BENEFICIARIES	
			Females	Males
GHD Mararikulam South	3	2	32	18
GAD Arattupuzha	1	2	50	10
GAD Aryad	2	1	18	18
GAD Cherthala South	0	0	0	0
GAD Cheruthana	2	2	400	50
GAD Devikulangara	0	2	0	0
Gad kanjikuzhi	0	1	0	0
GAD Krishnapuram	0	0	0	0
GAD Mattathilbhagam	2	1	24	4
GAD Muhamma	1	0	12	8
GAD Onattukara	3	0	47	15
GAD Pallippuram	0	0	0	0
GAD Pattanakkad	3	1	87	85
GAD Puliyoar	4	0	89	46
GAD purakkad	2	1	40	15
GAD Thakazhy	3	2	30	4
Gad vallikunnam	5	3	162	8
GAD Veliyanad	2	4	27	10
GAD, Thanneermukkom	2	1	48	32
GAD,Karumady	4	2	50	5
GAD Cherianad	0	1	0	0
GAD Kandalloor	0	2	0	0
GHD Ambalappuzha South	1	0	13	3
GHD Bharanikkavu	1	3	30	10
GHD Chennithala	2	1	30	4
GHD Cheppad	2	1	44	6
GHD Kainakari	1	1	17	2
GHD Muthukulam	2	1	184	47
GHD Palamel	0	1	0	0
GHD Pallippad	0	0	0	0
GHD Panavally	1	0	6	2
GHD Pathiyoar	2	0	27	17
GHD Perumbalam	1	0	12	2
GHD Thiruvandoor	1	2	15	8
GHD Venmony(AWHC)	0	0	0	0
GHD, Mannar	0	1	0	0
GHD, Thekkekkara, mavelikkara	5	0	89	10
GHD MararikulamNorth	1	1	6	7
GSD Mannanchery	0	2	0	0
GAD Veeyapuram	2	2	46	10
TOTAL	61	44	1635	456

Women's Yoga Clubs in Alappuzha District

Name of institution	No of beneficiaries
GHD Mararikulam South	68
GAD Arattupuzha	50
GAD Aryad	12
GAD Cheruthana	100
GAD Devikulangara	45
Gad Kanjikuzhi	10
Gad Mattathilbhagom	6
GAD Pattanakkad	12
GAD Purakkad	20
GAD Thakazhy	16
GAD Vallikunnam	35
GAD Veliyanad	163
GAD, Thanneermukkom	44
GAD,Karumady	44
GAD-Cheriyana	41
GADKandalloor	55
GHD Bharanikkavu	100
GHD Chennithala	15
GHD Cheppad	7
GHD Kainakari	16
GHD Muthukulam	145
GHD palamel	10
GHD Thiruvandoor	45
GHD Mannar	22
GHD MararikulamNorth	15
GSD Mannanchery	34
GAD veeyapuram	27
Total	1157

Major activities conducted in Alappuzha district by Yoga

SL. No	Name of institution	Major activities
1	GHD Mararikulam South	Yoga at TMPLPS, International Yoga Day at Mararikulam south panchayath,
2	GAD Aryad	Yoga class at VVSD LP School, VVSD UP School, Bud School Aryad
3	GAD Cheruthana	Yoga day, international womens day
4	GAD Devikulangara	Environment day, yoga day, ayurveda day, naturopathy day, yoga clubs
5	Gad Kanjikuzhi	May 31 tobacco awareness, infection control and prevention in summer season and winter,rainy season class
6	GAD Mattathilbhagom	Yoga day, senior citizen day,
7	GAD Muhamma	Siddha day celebration 2024
8	GAD Onattukara	1. Environment day awareness programme 2. Yogaday

		3. Behalf of rithu project special Yoga class for teenage girls
9	GAD Pallippuram	Inaugurated & started yoga classes at Dispensary on 11/03/2024
10	GAD Pattanakkad	Yoga and healthy lifestyle classes for ICDS staff. Healthy lifestyle and yoga class for panchayath staff, yoga class for mothers of resident's association,
11	GAD Puliyoore	Yoga day
12	GAD Purakkad	Women's day
13	GAD Thakazhy	International yoga day, children's day,, women's day, mother's day, youth day
14	GAD Veliyanad	Attended International Yoga Day celebration in Gad Veliyanad, gad champakulam, Gad Pulinkunn, attended ICDS project meeting for anganwadi helpers and workers for giving awareness class about yoga, attended vayomitra project meeting for giving awareness class about yoga in Kavalam, yoga club started on muttar grama panchayath, attended yoga for geriatrics about lifestyle disorders
15	GAD Thanneermuk Kom	Inaugurated 2 yoga clubs and 1 women's yoga club, participated in yoga dance conducted by NAM Alappuzha
16	GAD Karumady	Participation in Ayurveda Day, Siddha Day, Naturopathy Day, Environmental Day Celebrations at Alappuzha, ICDS programs, medical camp & palliative care day awareness programs conducted
17	GAD Cherianad	Yoga Day, Heart Day
18	GAD Kandallor	Conducted Special yoga class in connection with Ayurveda day... Concentrating on elderly people, Given yoga awareness to NSS camp volunteers
21	GHD Chennithala	1. Participated in an awareness class about rabies and took an oath to prevent it at Eramattur MDLP school. 2. Participated in praveshanolsavam at Eramattur MDLP school and at Vettathuvilla gov LP school 3. participated in beti bhachavo beti patavo program 4. Participated in the international millet year program at gov UPS Thripperumthura school
22	GHD Kainakari	International Yoga Day district program at SDV sentinary Auditorium on 20/6/2023, yoga club inauguration on International Yoga Day at Kainakari grama panchayat on 21/6/2023
23	GHD Muthukulam	1. Ente Keralam stall Alappuzha 2. BBBP Awareness Program for Women & Child Development Department, Kollakal UPS, 3. International Yoga Day for SPC Students SDV School Alappuzha, 4. International Yoga Day & Yoga Club inauguration 12th ward muthukulam panchayath hall, 5. Childrens Day & World Diabetic Day, 6. Universal Health Coverage Day Awareness class,

		7. She, Women Health Campaign
24	GHD Palamel	Summer yoga class for students from 1/4/2024 to 30/4/2024
25	GHD Panavally	International Women day- conducted awareness class, international yoga day inaguration of AYUSH yoga club, Yoga Day celebrated in odampally school, ICDS awareness class participation, world health day quiz conducted, homoeopathy day awareness class participation, world hypertension day awareness and blood pressure checkup participation.
26	GHD Pathiyoor	Environmental day
27	GHD Perumbalam	NSS Camp, Yoga Day Celebration at Cherthala Ayushman Bhava, Sidha Day Celebration at Alappuzha Beach, Beach Feast Yoga Dance at Alappuzha Beach
28	GHD Thiruvandoor	Yoga dance was performed by school children for school day
29	GHD Venmony(AWHC)	Participating in palliative home visit with medical officer
30	GHD, Mannar	1. International Yoga Day Program 2. National Doctor's Day Program 3. World Mental Day Program 4. World Sight Day Program 5. World Liver Day Program 6. Koumara Arogya Camp '24 7. International Day of Girl Child Program 8. International Day of Families program 9. Cancer awareness day program 10. World AIDS Day program 11. International Women's Day program 12. World homoeopathy day program
31	GHD, Thekkekkara, mavelikkara	Yoga day, environmental day, Awareness classes, class on diet and nutrition, yoga, Anganvadi vist, School visit
32	GHD Mararikulam North	Kids yoga session during vacation.

List of HWCs in Alappuzha District

SL NO	Name of Yoga Instructor	Name of AHWC
1	Lakshmi Saju	GAD Karumady, Ambalappuzha
2	Dr Salman K A	GAD Cheruthana
3	Aswini	GAD Thakazhi
4	Rejitha S	GAD Kandaloore
5	Dr Lakshmi Ajayakumar	GAD Veliyanadu
6	Devi S Nair	GAD Kanjikuzhy
7	Shahanas H	GAD Veeyapuram
8	Umesh Kumar K	GAD Cheriyanadu

9	Dr Lekshmi M	GAD Aryadu
10	Nayana	GAD Purakkad
11	Dr Remya Mohan	Govt Ayurveda Dispensary, Thazhakkara
12	Raya	Govt Ayurveda Dispensary, Vallikkunnam
13	Dr Deepu Divakar	Govt Ayurveda Dispensary, Puliyoore
14	Arundhati	Govt Ayurveda Dispensary, Thanneermukkam
15	Dr Neethu Lekshmi S R	Govt Ayurveda Dispensary, Devikulangara
16	Dr Ninzila	Govt Ayurveda Dispensary, Mattathil Bhagam
17	Dr Meena pupshpan	Govt Ayurveda Dispensary, Arattupuzha
18	Dr Rincy	Govt Ayurveda Dispensary, Onattukara
19	No yoga instructor	Govt Ayurveda Dispensary, Thamarakkulam
20	Dr Mamatha	Govt Ayurveda Dispensary, Pattanakkad
21	Dr Aditya Lekshmi	GAD Pallippuram
22	Saiju sukumaran	GAD Cherthala south
23	Bindhu	GAD Krishnapuram
24	No yoga instructor	GAD Kadakkarappally
25	Aishwarya K	GAD Muhamma
26	Arya	GAD Mulakuzha
27	Swetha	GAD Bharanickavu
28	Licy Mol	GHD Mararikkulam south
29	Sruthi Unnikrishnan	GHD Paalamel
30	Shyju	GHD Bharanikkavu
31	Akhila Uthaman	GHD Pathiyoore
32	Sudhapriya K	GHD Mannar
33	Saiju Sukumasran	GHD Perumbalam
34	Sankar Mohan R	GHD Ambalapuzha South
35	Parvathy Kurupu	GHD Chennithala
36	An Marry K J	Govt. Homoeopathy Dispensary, Panavally
37	Indulekha	Govt. Homoeopathy Dispensary, Mararikkulam North
38	Veena Devi	Govt. Homoeopathy Dispensary, Cheppad
39	Nazim	Govt. Homoeopathy Dispensary, Muthukulam
40	Rajasree	Govt. Homoeopathy Dispensary, Thiruvandoor
41	Ranju Raj	Govt. Homoeopathy Dispensary, Mavelikkara, Thekkekkara
42	Fathima A	Govt. Homoeopathy Dispensary, Kainakkari
43	Riswana	GHD Pallipad
44	Deepthi R Pillai	GHD Venmony
45	Karthika	GHD Champakkulam
46	Manju	GHD Krishnapuram
47	Anjali	GHD Pandanadu
48	Jessy Antony	GSD Mannanchery



On World AIDS Day , Dr. Sudha priya (Yoga Instructor, NAM,GHD,Mannar) giving Awareness class on AIDS and Health Education 01.12.2023

KOTTAYAM District: Yoga Wellness Centres Report on Yoga Clubs (2023-2024)**Yoga Clubs in Kottayam District**

Name Of Institution	No Of Yoga Clubs	No Of Beneficiaries	
		Male	Female
GAD Brahmamangalam	5	1	34
GAD Kadaplamattom	2	7	20
GAD Maravanthuruthu	1	0	7
GAD Vellavoor	1	0	21
GAD Bharananganam	5	4	64
GAD Poonjar	1	3	28
GAD Marangattupilly	9	19	117
GAD Neendoor	2	23	47
GAD Velloor	4	3	24
GAD Ramapuram	2	11	14
GAD Kumarakom	2	4	30
GAD Puthuppally	2	15	27
GAD Kumaranalloor	2	0	22
GAD Mundakkayam	2	0	31
GAD Thalayazha	2	0	60
GAD Njeezhoor	2	0	34
GAD Panachikad	2	8	27
GAD Vazhappally	2	2	40
GAD Kaduthuruthy	3	14	86
GAD Karoor	2	3	35
GAD Vazhoor	1	5	13
GAD Madappally	4	0	70
GAD TV Puram	6	0	86
GAD Kuttikkal	21	11	12
GAD Ettumanoor	1	10	60
GAD Kanakkari	1	8	5
GAD Nedumkunnam	1	0	0
GHD Changanacherry	1	10	14
GHD Kumarakom	2	11	38
GHD Lakkattoor	4	3	27
GHD Madappally	1	2	21
GHD Mutholy	1	10	50
GHD Neendoor	4	8	84
GHD Udayanapuram	2	10	10
HWC GHD Chirakkadavu	2	0	541
HWC GHD Kanakkari	1	5	8
HWC GHD Karimpani	3	7	53
HWC GHD Koottummel	1	1	24
HWC GHD Kudakkachira	4	0	70
HWC GHD Manarcad	2	24	53
HWC GHD Mannanam	2	6	29
HWC GHD Moonnilavu	4	0	122
HWC GHD Thalayazham	9	79	117
HWC GHD Veliyannoor	4	11	51

Women's Yoga Clubs in Kottayam District

Name Of Institution	No Of Women's Yoga Clubs	No Of Beneficiaries
GAD Brahmamangalam	3	12
GAD Maravanthuruthu	1	7
GAD Vellavoor	1	21
GAD Bharananganam	4	60
GAD Marangattupilly	2	38
GAD Neendoor	1	30
GAD Velloor	2	7
GAD Ramapuram	2	42
GAD Kumarakom	1	25
GAD Puthuppally	1	35
GAD Kumaranalloor	3	30
GAD Mundakkayam	2	48
GAD Njeezhoor	1	38
GAD Panachikad	1	22
GAD Vazhappally	1	20
GAD Madappally	1	10
GAD Tv Puram	2	30
GAD Poonjar Thekkekkara	1	22
GAD Nedumkunnam	1	8
GHD Changanacherry	1	16
GHD Kumarakom	1	23
GHD Lakkattoor	2	8
GHD Madappally	1	16
GHD Mutholy	1	10
GHD Neendoor	1	15
GHD Udayanapuram	1	20
HWC GHD Chirakkadavu	1	208
HWC GHD Kanakkari	1	18
HWC GHD Karimpani	2	37
HWC GHD Manarcad	2	62
HWC GHD Mannanam	1	31
HWC GHD Thalayazham	2	32
HWC GHD Veliyanloor	1	10

Main activities conducted in Kottayam district by Yoga

- Yoga Instructor of Govt. Ayurveda Dispensary Puthuppally got the invitation as a special guest in 75th Republic Day Parade in New Delhi. Conducted Yoga Day Programme in association with Puthuppally Grama Panchayath which had more than 800 participation.
- Yoga Instructor of Govt. Ayurveda Dispensary Marangattupilly created a Yoga Dance Club including 16 yoga beneficiaries and conducted 8 different on-stage programmes at panchayath level as well as taluk level programmes. The main goal of Yoga dance was to spread the importance of yoga in public. Yoga dance was coined in a sequence of important yogasanas and Surya namaskara along with rhythmic music as a background.

- All Yoga Instructors participated in 9th International Yoga Day Celebration and Yoga Demonstration for Mid-Level Service Providers, NHM, conducted by National AYUSH Mission, Kottayam Dist. and Yoga Instructor Dr. Gayathri Muraleedharan presented Yoga postures.
- Yoga Instructor of Govt. Ayurveda Dispensary Vazhappally conducted Awareness Class regarding Yoga in “**One Health**” Programmes at **Ward -6** and **Ward -16** of Vazhappally Panchayath.

Major activities conducted

Sl No.	Name of Yoga Instructor	Institution	Achievements
1	Amrutha Das	GHD Kudakkachira	Yoga National Referee (Yoga Federation of India), Yoga State Referee (Sports council and Yoga Association of Kerala). Participated in District and State level Yogasana competition conducted by Sports council and Yoga Association of Kerala.
2	Manjusha Vijayan	GHD Chirakkadavu	Yoga National Referee (yoga federation of India), Yoga state referee. Participated in District yogasana competition conducted by Sports council and Yoga Association of Kerala
3	Remya T A	GHD Veliyannor	Yoga National Referee (Yoga Federation of India), Yoga State Referee (sports council and yoga Association of Kerala). Participated in District level yogasana competition conducted by Sports council and Yoga Association of Kerala.
4	Neethu C Joseph	GHD Mutholy	Yoga state Referee (Sports council and yoga association of kerala). District and state level yogasana competition conducted by sports council and yoga Association of kerala
5	Bindhu Joeph M	GHD Moonnilavu	Yoga state Referee (sports council and yoga association of Kerala). Participated in District level yogasana competition conducted by sports council nd yoga Association of Kerala.
6	Dhanyamol T T	GHD Neendoor	Yoga state Referee, participated in District level competition
7	Sijimon M	GAD Bharananganam	Yoga State Referee (yoga Association of Kerala, and Sports Council Kerala,). Participated in District yogasana competition.

8	Sindhu K K	GAD Ettumanoor	Yoga State Referee (Yoga Association of Kerala and Sports Council Kerala) Participated in District yogasana competition
9	Babitha P B	GAD Mundakkayam	Yoga state Referee (Sports council and Yoga Association of Kerala). Participated in District level Yogasana competition conducted by Spots council and Yoga Association of Kerala
10	Jinimol Abraham	GAD Kaduthuruthy	Participated in District and State level Yogasana competition conducted by sports council and Yoga Association of Kerala.
11	Kochurani Sebastian	GAD Kadaplamattom	Participated In Kottayam level yogasana competition.conducted by sports council and yoga Association of Kerala.
12	Nileena Thomas	GHD Koottummel	Participated in District level yogasana competition conducted by sports council and Yoga association of Kerala
13	Sreeja M P	GHD Karimbani	<ul style="list-style-type: none"> ● On the occasion of the country's 75th year of independence, she had done a 75-hour continuous yoga performance with her 75 students with each person doing 75 asanas in 75 min. She achieved the URF World Record for this performance. ● In 2014-16 (2 academic years), she received an appreciation certificate from the district panchayat president and the district education officer for imparting yoga training to the children of all government high schools in Kottayam district. ● She is one of the faculty member & Yoga Examiner of State Resource Centre

List of HWCs in Kottayam District

Sl.No	Name of Yoga Instructor	Name of AHWC
1	Bibin Joseph	GAD Brahmamangalam
2	Kochurani Sebastian	GAD Kadaplamattom
3	Anithakumari V.M	GAD Maravanthuruthu
4	Dr. Ashamol Varghese	GAD Vellavoor
5	Sijimon M	GAD Bharananganam
6	Dr. Anjali Ramesh	GAD Poonjar
7	Dr. Aryasree L	GAD Marangattupilly
8	Renjisha M	GAD Neendoor
9	Dr. Anse Baby	GAD Velloor
10	Hariprasad V.S	GAD Ramapuram
11	Salini R	GAD Kumarakom
12	Anoop K.M	GAD Puthuppally

13	Dr. Gayathri Muraleedharan	GAD Kumaranalloor
14	Babitha P.B	GAD Mundakkayam
15	Soumya M	GAD Thalayazha
16	Dr. Jayalekshmi K.P	GAD Njeezhooor
17	Dr. Akhilesh K.R	GAD Panachikad
18	Dr. Athira Devi C.A	GAD Vazhappally
19	Jinimol Abraham	GAD Kaduthuruthy
20	Preethy T.D	GAD Karoor
21	Dr. Sreemol B	GAD Vazhoor
22	Dr. Swathy Soman	GAD Madappally
23	Bini S.V	GAD Tv Puram
24	Dr. Gopika S	GAD Kuttikkal
25	Dr. Blessy Job	GAD Poonjar Thekkekkara
26	Sindhu K.K	GAD Ettumanoor
27	Sindhu K.K	GAD Kanakkari
28	Archana	GAD Nedumkunnam
29	Revathi	GAD Elampally
30	Varsha	GAD Kozhuvanal
31	Anju	GHD Vakathanam
32	Bijimol S.V	GHD Thalayazham
33	Bismi M.S	GHD Udayanapuram
34	Rosamma Kurian	GHD Changanacherry
35	Panchami S	GHD Madapally
36	Dr. Akhil Tom Mathew	GHD Manarkadu
37	Bindhu Joseph	GHD Moonilavu
38	Amrutha Das	GHD Kudackachira
39	Manjusha Vijayan	GHD Chirackadavu
40	Nileena Thomas	GHD Kootummel
41	Dhanyamol T.T	GHD Neendoor
42	Remya T.A	GHD Veliyannoor
43	Dhanya P.R	GHD Kanakkari
44	Dr. Honey R.S	GHD Mannam
45	Sreeja M.P	GHD Karimbani
46	Anitha Kumari V.M	GHD Manjoor
47	Dr. Thilakan E.V	GHD Lakkattoor
48	Aneesha Sasidharan	GHD Kumarakom
49	Neethu C Joseph	GHD Mutholy



ERNAKULAM District: Yoga Wellness Centers Report on Yoga Clubs (2023-2024)**Yoga Clubs in Ernakulam District**

Sl No	Name of Institution	No. of Beneficiaries	
		Male	Female
1	GAD Poothrikka	77	130
2	GAD Thiruvankulam	7	12
	Ward 12	5	15
	Ward 6	5	10
3	GAH Muvatupuzha (AYUSH Gram)	240	336
	Buds School Ayavana Panchayath	384	288
	Yoga Club Marady panchayath		816
	Therapeutic Yoga at GAH Muvattupuzha	8	12
4	AHWC Chennamangalam	25	162
5	GHD Sreemoolanagaram		
	Hamsa Hall Sreemoolanagaram	4	32
6	GAD Pallarimangalam	117	155
7	GAD Chengamanadu		
	Ward 11, Thuruth	10	0
	Ward 12, Gandhipuram	15	0
	Ward 12 Thuruth	13	0
	Ward 17 Kunnumpuram	21	0
8	GAD Kumbalam Ward 16	10	50
	Ward 15	2	8
	Ward 18	3	7
	Pampakuda Panchayathu office	0	18
	Thoduvakkuzhy Aganawadi	5	8
	Saayamprabha Home	9	11
10	GAD Vengola	537	2040
11	GHD Nayarambalam	6	31
	Ward 15	3	20
12	GAD Vallarpadam(ward 15 ,16)	3	8
	Ward 1	6	9
13	GHD Monapilli		
	Kodumboor Library,Vandippetta	8	10
14	GHD Chotanikkara Ward 10	2	8
	Ward 9	3	9
15	GAD Ezhakkaranadu Club 1		7
	Club 2	228	739
16	GAD Malayattoor		
	Ward No. 9 Gurumandiram, Malayattoor		7
	Ward No. 8 Chammini	2	21
	Ward No.11, HWC, Malayattoor	8	15
	Ward No.13, Kottamam	2	26
17	GHD Mazhuvannoor		
	Kadakkanad Yoga Club	3	15
	Kuzhoor Yoga Club	7	14
	NSS ITI Yoga Club	16	4
18	GAD Edavanakkad		
	GAD Edavanakkadu Ward 14	3	8
	Utupura Sree Krishna Temple	4	10
	Bhuvaneswary Temple hall		5
19	GAD Paingotoor	1	5

	Yoga Club ,Kadavoor Subcentre Ward	2	6
	Ayavana Ksheera Kaershaka Hall	2	5
20	GAD Vavakkadu	39	78
	Thuruthipuram	47	
	Ward 17	6	30
	Chettikkadu	11	36
	Madaplathuruth	1	40
21	GHD Maradu	25	84
	Pakal veedu	2	16
	Vayomithram Club	10	10

Women's Yoga Clubs in Ernakulam District

Sl No	Name of Institution	No of Beneficiaries
1	GAH Muvatupuzha	
	Yoga Club Marady panchayath	816
	Yoga Club Avoli panchayath	672
2	AHWC Chennamangalam	62
3	Hamsa hall Sreemoolanagaram	20
4	GAD Kumbalam	
	Ward 16	10
	Ward 15	13
5	GAD Onakkoor South	
	Pampakuda Panchayathu office	18
6	GHD Nayarambalam	
	Ward 13	18
7	GAD Malayator	
	Ward No. 9 Gurumandiram,Malayattoor	7
	Ward No.14 Anganwadi No: 36, Shanthipuram	14
	Ward No.3 Sahrudaya, Mundangamattam	17
	Ward No.15 camp;16, Companypady	25
8	GHD Mazhuvannur	
	Kuttipilly Yoga Club	21
9	AHWC Edavanakkadu	
	Ward 15 -Anganwady Pournami	8
10	GAD Vavakkadu	
	Thuruthipuram	47
	Ward 18	50
11	GHD Maradu	
	12th Division Angavadi No. 30 Maradu	25

Main activities conducted in Ernakulam district by Yoga

GAD Thiruvankulam

- International Yoga Day 2023-Awareness sessions at Government Higher Secondary School,Trippunithura
- Independence Day2023-Yoga Dance at GAD Thiruvankulam
- Mental Health Day 2023-Mental awareness sessions and yoga performances at Bhaskaran Nair Community Hall,Irumpanam

National AYUSH Mission Kerala

- National Ayurveda Day Celebration 2023-Yogic diet exhibition, yoga quiz competition, poster exhibition, yoga dance exhibition, Bhaskaran Nair Community Hall and VHSS Tripunithura
- Christmas Day 2023-Yoga Dance at Karingachira Church
- Republic Day 2023-Yoga Dance at Hill Palace Museum Ground
- Women's Day Celebration 2024-Yoga Dance and cultural activities at GAD Thiruvankulam

GAH Muvatupuzha

- Yoga therapy for the inpatients of Gov. Ayurveda hospital Muvattupuzha
- Participation in District level Yoga Day Celebration
- Conducting Yoga awareness programmes
- Yoga for Buds School inmates
- Conducting Yoga competitions

GHD Sreemoolanagaram

- Conducted General Yoga Classes, Yoga awareness classes, Awareness class on importance of food in daily life, Vacation yoga batches for students.

GAD Chengamanadu

- International Yoga Day celebration 2023 – Awareness session and yoga demonstration in Panchayath auditorium, Parambayam.
- Awareness session conducted along with the medical camp organised by the GAD, in August 2023.
- National Ayurveda week celebration – 3 Awareness session and quiz competition conducted for school students.
- Palliative week – Awareness session conducted.
- Awareness session conducted with medical camp conducted by GAD on February 2024.
- World obesity day – Awareness session conducted.
- Women's day celebration – Awareness session and yoga demonstration session.
- National Dengue Day – Awareness session Distribution of Aparajita doopa choornam.
- World Hypertension Day – Awareness session and NCD screening camp organised.
- Awareness session and yoga demonstration conducted as the parts of CHC's NCD screening camp.

National AYUSH Mission Kerala

GAD Kumbalam

- Awareness session on Ayurveda day and Homoeopathy Day

GAD Vengola

- International Yoga Day celebration 2023 – Awareness session and yoga

GHD Chotanikkara

- Women s day Celebration done at GHD Chottanikkara and Cultural Activities were done

GAD Malayattoor

- On the occasion of International Women’s Day, women from all the yoga clubs under the AYUSH Health and Wellness Centre initiative came together to celebrate through the practice of yoga. The event featured a collective performance of Surya Namaskar and Yoga Nidra, highlighting the physical and mental benefits of yoga.
- The celebration was graced by the presence of Medical Officer Dr. Resmi and yoga instructor Seena. Both speakers emphasized the crucial role yoga plays in the physical and mental upliftment of women. Dr. Resmi spoke about the various health benefits yoga offers, particularly for women, and how regular practice can lead to improved overall well-being.
- Yoga instructor Seena highlighted how yoga contributes to women empowerment by fostering inner strength, resilience, and mental clarity. She discussed the transformative power of yoga in helping women manage stress, increase self-awareness, and achieve a balanced lifestyle.
- The event not only underscored the importance of yoga in promoting Women’s health but also reinforced the message of empowerment and self-care. It was a day of unity, strength, and inspiration for all the participants.

GHD Mazhuvannoor

- 21 June 2023 International Yoga Day Celebration -Yoga Demonstration and awareness class conducted at GHD Mazhuvannur
- 12 August 20203 International Youth Day -Yoga demonstration for youth conducted at St.Thomas LP Auditorium Nellad 29 September 2023

National AYUSH Mission Kerala

- World Heart Day- Conducted awareness class about yoga for heart at Panchayath Hall 4-6 September 2023
- 10 October 2023 SHE Campaign Conducted yoga demonstration as part of SHE campaigns at Panchayath Hall
- 26 January 2024 Republic Day Yoga class organized for children at AHWC
- 9 March 2024 Women's Day Yoga Demonstration conducted at Badani Snehalayam,
- 2 April 2024 Autism Day Yoga class conducted for kids at Kadakkanad Anganwadi

GAD Vavakkadu

- Conducted awareness class and yoga display in Keralolsavam
- Another yoga display at Navakerala Sadas by Thuruthipuram yoga club Also had an opportunity to perform yoga display and awareness class in muziris fest conducted at moothakunnam
- Conducted International Yoga Day celebration at HWC in last year Also conducted independance day celebration, onam celebration, Kerala piravi celebration, christmas celebration in each club and memebers performed yoga during that.
- Ayurveda day celebration at HWC We conducted summer vacation yoga batch at HWC Conducted 67 awareness classes about yoga in HWC and other clubs.

GHD Maradu

- Ente Keralam April 1 to 7, Maraine Drive EKM.
- June 21 IDY Yoga Day celebrations, HWC Maradu.
- June 21 IDY Yoga Awareness class, GVHS School Mankayil.
- June 21 IDY Yoga Day celebrations, Pakal Veedu Div 19, Maradu.
- June 21 IDY Yoga Awareness class, 9th Division Anganavadi, Marad
- 9th International yoga day District level Celebrations at Sreenarayana Hall, Maradu.
- August 26 Onam Celebrations HMC, Maradu.
- September 16 Milo-Fondo EatRight Yoga, Bikeathon, RajeevGandhi Indoor stadium, Kadavanthra.
- September 29 World Heart Day Municipal Park Maradu.
- October 10 NABH Inspection, HMC Maradu.
- Nov 3 AYUSH Homeopathy Health Campaign, Sivaprasadam Hall Maradu.
- November 21 World Naturopathy Day, District Ayurveda Hospital, EKM.
- December 23 Chrithmas Celebrations, HMC Maradu.

National AYUSH Mission Kerala

- December 26 to 30 Yoga 5-day Sibiram at Health Club Madavana
- January 26 Republic Day, HMC Maradu.
- April 7 World Health Day, Ambedkar Hall, near Alunkal Temple Marad.
- April 22 to 27 Vacation Yoga Sibiram, Ambedkar Hall.

List of HWCs in Ernakulam District

SL.No	Name of Yoga instructor	Name of AHWC
1	Dr Dhanya K	GAD Poothrikka
2	Dr Neethu Harsha	GAD Thiruvankulam
3	Dr Manu Varghese	AYUSH Gram
4	Rajesh K D	AHWC Chennamangalam
5	Dr Sheeja M	GHD Sreemoolanagaram
6	Dr Sreeraj K Damodar	GAD Pallarimangalam
7	Dr Shahana E U	GAD Chengamanadu
8	Dr Anu Mohan	GAD Onakkoor South
9	Rajive M R	GAD Vengola
10	Dr Reshma K L	GHD Nayarambalam
11	Dr Greeshma Giri	GAD Vallarpadam
13	Dr Meenakshi K R	AHWC Chottanikkara
14	Seena A M	AHWC Malayattoor
15	Dr. Varsha T V	GHD Mazhuvannur
16	Antony K D	AHWC Edavanakkadu
17	Dr Jifna AM	GAD Paingotoor
18	Dr ASHILY K Saseendran	Vavakkadu
19	Sreeja T P	GHD Maradu



IDUKKI District: Yoga Wellness Centres Report on Yoga Clubs (2023-2024)

Yoga Clubs in Idukki District

Name Of Institution	No Of Beneficiaries	
	Male	Female
Ghd,Konnathady	4	7
GHD Arakulam	6	35
GMHD Pambanar	16	20
GAD Alakkode	6	21
GMHD Rajakumari	2	35
GAD Munnar	25	30
GAD Bysonwalley	8	21
GAD Kudayathoor	2	37
GAD Vazhithala	16	26
GHD Vellathooval	10	22
GAD Pachadi	14	13
GMHD Chillithode	5	46
GMHD Valiyathovala	17	34
GMHD Narakakkanam	9	14
GHD Churuly	22	38
GAD Rajakkad	2	20
GHD Velliyamattom	7	16
GMHD Vannappuram	2	30
GAD Kodikulam	7	25
GAD Peruvanthanam	32	7
GAD Karimannoor	20	7
GAD Udumbannoor	8	56
GHD Kolani	17	48
GAD Anachal	6	24
GHD Nellappara	42	34
GHD Ezhalloor	0	15
GHD Pazhayarikandom	6	34
GHD Karikode	8	12

Women's Yoga Clubs in Idukki District

Name of Institution	No of Beneficiaries
Ghd, Konnathady	7
GHD Arakulam	35
GMHD Pambanar	9
GAD Alakkode	14
GMHD Rajakumari	10
GAD Munnar	4
GMHD Chillithode	46
GMHD Valiyathovala	34
GMHD Narakakkanam	14
GHD Velliyamattom	8
GMHD Vannappuram	14
GAD Ezhalloor (Work Arrangement From GAD Kanthalloor)	7
GAD Peruvanthanam	19

GAD Udumbannoor	25
GHD Kolani	24

List of HWCs in Idukki District

Name Of Ahwc	Name Of Yoga Instructor
GHD Konnathady	Dr.Akhil.C
GHD Arakulam	Dr.Jubairya Assis
GHD Pazhayarikandom	Rejish M R
GAD Alakkode	Dr. Abees Ali Haris
GMHD Chillithode	Dr. Beema M M
GMHD Rajakumari	Dr. Josmi Jose
GAD Kudayathoor	Dr. Chinnu Sooryan
GAD Vazhithala	Dr.Sreekumar M S
GAD Munnar	Joseph Pi
GAD Bysonwalley	Dr.Chinchumol Francis
GHD Vellathooval	Jojin.K.Jose
GHD Karikode	Saji Mathew
GAD Kanthalloor (Work Arrangement At GAD Ezhalloor)	Dr. Angela Vincent
GMHD Vannappuram	Shaimol George
GMHD Pambanar	Lal K Puthen Parambil
GMHD Valiyathovala	Kochurani Sebastian
GMHD Narakakkanam	Aparna Krishnan
GMHD Churuly	Dr.Sreelakshmi. R
GHD Velliyamattom	Dr. Anjumol.T.R
GAD Chelachuvadu	Dr. Anju V Binoj
GAD Rajakkad	Dr Priyanka T Ram
GAD Pachdi	Aneesh Pm
GAD Kodikulam	Dr. Jyosna Joy
GAD Peruvanthanam	Shaja V
GAD Karimannoor	Dr. Adila Majeedu
GAD Kattappana	Dr Krishnapriya Ph
GAD Udumbannoor	Dr.Ariyamol K
GHD Kolani	Sasikala A S
GAD Puthuppariyaram	Dr. Mahima Rajan
GAD Anachal	Dr. Jayaprasad K J
GAD Karimannoor	Dr.Adila Majeedu
GMHD Kattappana	Suresh K K
GAD Ezhalloor	Ambika Devi



THRISSUR District: Yoga Wellness Centres Report on Yoga Clubs (2023-2024)**Yoga Clubs in Thrissur District**

Name of Institution	No of Beneficiaries	
	Male	Female
GAD Mundathikode	0	15
GHD Kolazhy	0	12
GHD Kondazhy	0	10
GAD Avanoor	0	10
GHD Chazhur	19	40
GAD Thrithallur	18	12
GHD Sreenarayanapuram	7	35
GAD Irunilamkode	5	41
GAD Kadukutty	6	8
GAD Chowannur	20	50
GAD Avittathur	10	80
GHD Pazhayannur	3	7
GHD Kaiparambu	2	61
GHD Kandanassery	0	10
GAD Vellangallur	3	8
GAD Mullassery	7	110
GAD Engandiyur	4	75
GHD Aloor	22	44
GHD Puthur	4	45
GAD Kaipamangalam	0	15
GAD Pariyaram	0	47
GAD Kunnamkulam	0	30
GHD Thollur	6	25
GAD Cherpu	0	0
GHD Aloor	22	44
GAD Kodannur	20	366
GAD Varavoor	0	15
GAD Chengallor	23	50
GAD Kariyannur	20	32
GHD Anthikad	3	17
GAD Elavally	0	50
GAD Painkulam	0	18
GAD Kallur	10	30
GAD Avinissery	0	0
GAD Poyya	0	0
GHD Ayyanthole	5	47

Women's Yoga Clubs in Thrissur District

Name of Institution	No of Beneficiaries
GHD Chazhur	62
GAD Alagappanagar	117
GHD Sreenarayanapuram	137
GAD Kadukutty	200
GAD Thollur	25
GAD Cherpu	45
GAD Ayyanthole	117

GAD Chengallor	73
GHD Ayyanthole	18

Main activities conducted in Thrissur District

Sl No	Institution	Activities
1	GAD Mundathikode	<ul style="list-style-type: none"> ● International Yoga Day Mass Yoga conducted in Wadakkancherry Municipality ● Awareness and group yoga in Minalur Vayanasala; ● Yoga in daily life awareness class & group practice in ESI Hospital - MG Kavu Thrissur.
2	GHD Kolazhy	<ul style="list-style-type: none"> ● International Yoga Day Mass Yoga conducted in GHD Kolazhy ● Yoga day special quiz competition for Students in Chandra memorial high school kuttur
3	GHD Kondazhy	<ul style="list-style-type: none"> ● International yoga day conducted in Kondazhy panchayat hall ● Yoga day celebration in GHD Kondazhy ● Kids vacation yoga class inauguration in GHD Kondazhy ● Kids vacation yoga class ending program in GHD Kondazhy
4	GAD Avanoor	<ul style="list-style-type: none"> ● International yoga day conducted
5	GHD Chazhur	<ul style="list-style-type: none"> ● International yoga day Mass Yoga conducted in Chazhur community Hall. ● August 26-at pakal veedu Chazhur Onam Festival Yoga for students, Importance of yoga in daily life ● August 14-Panchayath Hall Chazhur Yoga Awareness, Yoga Club formation ● October 1 - World Vayojana Dinam , Pakal Veedu Chazhur ● October 21 Karunya Charitable Society Yoga dance at J p Sangamam Hall in Pazhu ● November 14 Children's Day Celebration j p Sangamam Hall ● Children's yoga dance ● December 23 tot program elite hotel, took a class on geriatric yoga ● Yoga awareness in ayurveda dispensary Chirakkal on 10th January ● February 12-swastika food awareness and exhibition 35 members, ● A review meeting of all seven yoga clubs was held on March 18 and 107 people participated
6	GAD Thrithallur	<ul style="list-style-type: none"> ● International Yoga day, Ayurveda day conducted.

		<ul style="list-style-type: none"> Yoga day conducted at kadappuram LP School. Maranandharasamithy, vibe vatanappilly and GAD Thrithallur
7	GHDSreenarayanapuram	<ul style="list-style-type: none"> International yoga day Mass yoga conducted in snpuram panchayath hall. Yoga day quiz competition for students in panagadu school
8	GAD Irunilamkode	<ul style="list-style-type: none"> Yoga class inauguration in mullurkara panchayath International yoga day celebration and yoga club inauguration in women's fitness center mullurkara Yoga varacharanam in gandhi memmorial school Kanjirassery Ayurveda day celebration, Second yoga club inauguration in Attur subcenter,
9	GAD Kadukutty	<ul style="list-style-type: none"> International yoga day conducted Kadukutty panchayath. Suryanamaskar challenge for public. Ayurveda day conducted and took a yogic diet class.
10	GAD Chowannur	<ul style="list-style-type: none"> International Yoga Day celebrated at grama panchayath hall Chowannur Yoga clubs inaugurated by panchayath präsident, vacation class for children conducted
11	GHD Irinjalakkuda	<ul style="list-style-type: none"> Summer vacation class conducted for children and Normal Outreach classes are ongoing
12	GAD Avittathur	<ul style="list-style-type: none"> Kids summer camp conducted at Dispensary. World Homeopathic day-Medical camp and yoga awareness class conducted. International yoga day celebration mass yoga conducted at panchayat hall. No of participants 51 . International yoga day awareness class conducted at St George HSS Puttekkara. No of participants 605. Yoga day awareness class conducted GLPSchool Pazhamukku. No of participants 76. Spc camp yoga practice and awarness class St John's school Parapur. No of participants 150 Surya namaskar challenge conducted in schools In association with yoga day celebration, yoga competition conducted for regular batch students at Dispensary. Yoga dance performance and mass yoga conducted at Dist level and panchayath Awariness class for kudumbasree CDS members. Yoga awernessclass conducted She campain program at Pazhamukku school. Yoga awernessclass for NSS students senior secondary school Velur

		<ul style="list-style-type: none"> ● Awareness class for world Hyper tension day program SKG Hall peringannor. Yoga club formation ward 11 yuvadara club peramangalam
13	GAD Vellangallur	<ul style="list-style-type: none"> ● International Yoga Day Celebration and Yoga Club Formation. ● Special awareness class about Yoga and 'Lifestyle Diseases and Ayurveda. ● Onam Celebration with Yoga awareness classes and Yoga Practice. ● Ayurveda Day Celebration with Yoga Classes, Eye Diseases and Ayurveda treatments classes. ● IEC programme at KSEB. ● Geriatrics Yoga Classes at Angana Vadi. ● Conducted Yoga One Day Study Tour.
14	GHD Puthur	<ul style="list-style-type: none"> ● International Yoga Day - Yoga club formation and awareness of life style diseases
16	GAD Kaippamangalam	<ul style="list-style-type: none"> ● International yoga day conducted, mass yoga conducted in RCUP school, ● YOGA in daily life awareness class conducted ● Ayurveda day conducted at gad kaipamangalam ● Vacation classes conducted
17	GAD Pariyaram	<ul style="list-style-type: none"> ● International yoga day, ● Summer Yoga Camps
18	GAD Kunnamkulam	<ul style="list-style-type: none"> ● International Yoga day and Ayurveda day conducted at Municipal Townhall Kunnamkulam. ● Kids summer camp conducted at dispensary and AYUSH club. ● 5 Medical camp ● Yoga awareness class and group practice conducted at government polytechnic college Kunnamkulam, Royal engineering college and Vivekanandha college
19	GHD Thollur	<ul style="list-style-type: none"> ● International yoga day celebration and yoga club Inagration at RG hall parappur ● Awareness class for SPC students and parents at St joseph school parappur, Awareness class conducted on mother's day at RG hall ● Surya namaskara challenge for students in SRC Up School edakalathur ● Vacation class conducted for children at GHD Tholur.
20	GAD Cherpu	<ul style="list-style-type: none"> ● International yoga day celebrated at Cherpu grama Panchat ● Mass yoga demonstration conducted ● AYUSH Yoga Club inaugurated ● Yoga Quiz Competition conducted at CNN GHS Cherpu ● Class on origin of yoga for kids conducted at JBS School ● Conducted awareness class for yoga club members

21	GHD Aloor	<ul style="list-style-type: none"> ● International yoga day celebrated aloor grama panchayath community hall ● Mass surya namaskara conducted ● First yoga club inaugurated the same day.
		<ul style="list-style-type: none"> ● International yoga day celebration at Kodannr grama panchayat community hall ● Khoshayathra, mass yoga program, Quiz competition (St Anthony's school Kodannr, drawing competition st Antony's school Kodannr, ● Awareness class (geevitha saili rogakalkku yoga), AYUSH yoga club onnomolsav ● AYUSH yoga club varshikakosham (yuj-2023), ● AYUSH club inauguration ward 14, ward 5, ward 4, ward 2, ward 15. ● Surya namaskara challenge conducted,,the same day,we conducted lahari bodhavakarana class for NSS students
		<ul style="list-style-type: none"> ● Kids summer camp conducted at dispensary ● YOGA DANCE @ Ente Keralam program ● Vayo mitra medical camp olari. ● International yoga day celebration - mass yoga demo and ralli conducted. ● Surya Namaskar challenges and Yoga quiz competitions at scools and institutions . ● Yoga dance performance and Mass yoga conducted at the district level in Sahithya Academy ● Medical camp conducted in collectorate. ● Ayurveda day - medical camp conducted in PWD hall. ● Awareness class conducted at VHSE RV Puram. ● Yoga dance performance at GAD Kandashan Kadavu.
23	GAD Ayyanthole	
24	GHD Varavoor	<ul style="list-style-type: none"> ● International Yoga Day conducted at Varavoor grama panchayath hall. ● Seven days yoga camp for NSS students
25	GAD Chegallur	<ul style="list-style-type: none"> ● Yoga camp for childerens in GAD chegallor. ● Conducted yoga and awarness program in govt hospital staffs, Pudukad on international yoga day on 21 June 2023. ● Conducted mass rally with 110 members for creating awareness about benefits of yoga on 21 june 2023 at GAD Chegallor area. ● Conducted ayurveda day in GAD Chegallor, ● Conducted karkidaga kanji camp for 10 days in GAD chegallor. ● Conducted yoga camp for Autism childrens in GAD chegallor ● Conducted yoga and naturpopathy awareness camp with 120 members in chimini dam.

26	GAD Kariyannur	<ul style="list-style-type: none"> ● International yoga day celebrated, ● First yoga club inaugurated and mass yoga conducted at erumappetty panchayath hall. ● Yoga day conducted with awareness program at community Health Centre erumappetty. ● Yoga Day Special quiz competition conducted at ALP school Erumappetty. ● Summer yoga camp conducted for children
27	GHD Anthikkad	<ul style="list-style-type: none"> ● International Yoga Day Mass Yoga conducted in Wadakkancherry Municipality ● Awareness and group yoga in Panchayath staff and gave a mass yoga and Awareness class in AUPS Anthikad. ● Conducted a quiz competition in AUPS school also winners are Awarded by certificate and trophy.
28	GAD Elavally	<ul style="list-style-type: none"> ● International yoga day celebration and Demonstration at M.P.Siddarthan memorial hall ● Surya namaskar challenge at kakkassey LP School ● Yoga awareness class & Demonstration at Thusara Anganvadi ● Yoga hall inauguration and Demonstration
29	GAD Painkulam	<ul style="list-style-type: none"> ● International Yoga Day celebration at GAD Painkulam ● Yoga quiz competition at GUPS school, Killimangalam ● Yoga awareness and yoga dance performance at G. H. S. S Panjal ● Ayurveda day celebration ● AYUSH club inauguration
30	GAD Kallur	<ul style="list-style-type: none"> ● Anganavadi teachers and public mass yoga awareness class at Thrikkur panchayath hall. ● International Yoga Day celebration (150 students) at Sarvodaya school. ● Yoga dance performance ● Aug 15 - Mathikunnu hall (35 yoga students) yoga program conducted ● Ayurveda day conducted (150 people). ● Palliative day celebration in wards (200 people) ● Yoga hall inauguration with yoga performance of 15 students.. ● Medical campaign (85 people) with awareness class conducted
31	GAD Engandiyur	<ul style="list-style-type: none"> ● Yoga Day celebration in the dispensary. ● Summer vacation class conducted for children. ● Conducted yoga & awareness program at 5th ward Engandiyur for old age people's. ● Yoga dance conducted in dispensary on August 15 & January 26
32	GHD Adat	<ul style="list-style-type: none"> ● Summer vacation class conducted for children and normal outreach class ongoing

33	GHD Aloor	<ul style="list-style-type: none"> On 30/12/2022 at NSS Sapta Day Camp held at SNVHSS School under the auspices of Govt. Model Homeo Dispensary Alur Grama Panchayat Health & Wellness Center Yoga Instructor Shri. Sukumaran V. K. led the class. Around 48 students and teachers participated in the class. follow-up classes are conducted three times a month. Conducted Yoga training for two sessions daily at Alur Homeo Dispensary Community Hall Anti-drug awareness class conducted for children at SNVHS School Seven day Yoga training conducted at NSS camp during December vacation Lifestyle diseases at Alur Pension Bhavan on Sunday 1st October as part of National Aging Day Conducted classes on Change Through Yoga, Conducted yoga homeo health awareness camp at Sholayar CLPS school, celebrated Christmas Vishu Onam with health awareness class, formed yoga clubs in six wards and conducts yoga club meeting every month Day home visits and classes are conducted every month for the mental relaxation of the elderly, An excursion to Nelliampathi was organized for yoga students, International Yoga Day was celebrated in a grand manner and there was a 100 person yoga exhibition. Dr. Hahnemann celebrated his birthday with a health awareness class, conducted a class on hygiene for the children of the LP school below, Aloor panchayat, organized classes for mothers in 2 Anganwadis of Alur panchayat, conducted classes on monsoon diseases and preventive measures in the 6th ward, and conducted classes to ensure dominance from all the wards ahead of this year's international meeting.
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List of HWCs in Thrissur District

SL.No	Name of Yoga instructor	Name of AHWC
1	Ajith K	GAD Mundathikode
2	Ramadevi P. B	GHD Kolazhy
3	Lekshmy parvathy	GAD Kuzhur
4	Dr Fancy Francis P	GHD Kondazhy
5	Prageebh P P	GAD Avanoor
6	Neethumol. k	GAD Alagappa Nagar
7	Laiju A S	GHD Chazhur
8	Shibi. A. A	GAD Thrithallur
9	Saritha m. K	GAD varandarapilly
10	Mani k s	GHD sreenarayanapuram
11	Dr. Assa. P	GAD Irunilamkode

12	Rethishkumar	GAD Kadukutty
13	Dhanya K M	GAD Chowannur
14	Rajalakshmi. C	GHD Irinjalakuda
15	vigi pm	GAD Avittathur
16	Nishitha Nair	GHD Pazhayannur
17	Supriya K S	GHD Kaiparambu
18	Nisha.C. B	GHD. Kandanassery
19	K.S.Anilkumar	GAD Vellangallur
20	Sukumaran vk	GHD Aloor
21	Vijaya PG	GHD puthur
22	Bajitha P.G	GAD mullassery
23	Suriya E.S	GAD Kaipamangalam
24	Manoj c. v	Gad Pariyaram
25	Sandhya Baburaj	GAD Kunnmkulam
26	Rajani Ts	GHD Thollur
27	Sreeja K. Sreedharan	Gad Cherpu
28	Sukumaran vk	GHD Aloor
29	Bijosh .k.k	GAD Kodannr
30	Kokila kalyan	GHD Adat
31	Revathi	RK GAD Ayyanthole
32	Kavitha Lakshmi. U	GHD Varavoor
33	Rajeesh T U	GAD chegallor
34	Rajitha. T. R	Gad Kariyannur
35	Vipin K P	GHD Anthikad
36	Pravitha P	GAD Elavally
37	Kavya K K	GAD Painkulam
38	NIsha. k. k	GAD Kallur
39	Jisha Raju	GHD Ayyanthole
40	Varada c k	GAD,Avinissery
41	Amitha MS	GAD Poyya
42	Bindhu Francis	GAD Engandiyur





PALAKKAD District: Yoga Wellness Centres Report on Yoga Clubs (2023-2024)**Yoga Clubs in Palakkad District**

Name of Institution	No. of Beneficiaries	
	Male	Female
GAD Alanallur	2	15
GAD Alanallur	10	5
GAD Alanallur	3	10
GAD Cherpulassery	2	18
GAD Cherpulassery	2	8
GAD Cherpulassery	3	9
GAD Cherpulassery	1	5
GAD Elapully	0	22
GAD Elapully	5	19
GAD Elapully	3	15
GAD Kadampazhipuram	8	10
GAD Kadampazhipuram	2	4
GAD Kappur	10	15
GAD Kuttanassery	7	15
GAD Kuttanassery	5	11
GAD Kuttanassery	5	13
GAD Malampuzha	0	17
GAD Mannur	0	11
GAD Mannur	0	11
GAD Mannur	3	12
GAD Mathur	7	38
GAD Mathur	0	33
GAD Mathur	3	20
GAD Mundur	4	28
GAD Mundur	3	21
GAD Ongalur	5	55
GAD Ongalur	5	10
GAD Ongalur	15	25
GAD Ongalur	7	20
GAD Ongalur	4	26
GAD Paloor	0	5
GAD Paloor	4	22
GAD Paloor	0	15
GAD Perungottukurussi	8	29
GAD Perungottukurussi	1	42
GAD Perungottukurussi	32	0
GAD Perungottukurussi	4	30
GAD Perungottukurussi	0	20
GAD Perungottukurussi	3	5
GAD Pirayiri	0	30
GAD Pirayiri	0	22
GAD Pombra	0	30
GAD Pombra	0	18
GAD Pombra	2	20
GAD Puthucode	10	7
GAD Puthucode	5	15
GAD Puthucode	7	13
GAD Puthuppariyaram	2	10

GAD Puthuppariyaram	6	11
GAD Puthuppariyaram	6	19
GAD Puthuppariyaram	5	10
GAD Sholayur	11	42
GAD Sholayur	3	17
GAD Sholayur	5	17
GAD Thachampara	1	21
GAD Thachampara	2	17
GAD Thachampara	5	27
GAD Thrithala	32	28
GAD Thrithala	33	36
GAD Vellaramkunnu	7	13
GAD Vellaramkunnu	6	14
GHD Eruthanpathy	1	22
GHD Kinavallur	23	34
GHD Kinavallur	2	21
GHD Kongad	0	15
GHD Kongad	9	15
GHD Kongad	11	50
GHD Malampuzha	0	14
GHD Malampuzha	0	20
GHD Marutharod	4	6
GHD Marutharod	21	27
GHD Marutharod	7	24
GHD Marutharod	3	14
GHD Marutharod	7	48
GHD Mundur	1	14
GHD Mundur	12	4
GHD Pattithara	3	36
GHD Pattithara	2	22
GHD Polpulli	5	30
GHD Polpulli	4	24
GHD Thiruvegappuram	6	14
GHD Vadakkencherry	3	12

Women's Yoga Clubs in Palakkad District

Name of Institution	No. of Beneficiaries
GAD Cherpulassery	13
GAD Cherpulassery	11
GAD Cherpulassery	11
GAD Kuttanassery	20
GAD Ongallur	20
GAD Ongallur	15
GAD Pirayiri	30
GAD Puthuppariyaram	9
GAD Puthuppariyaram	10
GAD Puthuppariyaram	10
GHD Kinavallloor	18
GHD Kinavallloor	26
GHD Marutharod	8
GHD Marutharod	12
GHD Mundur	25

GHD Pattithara	40
GHD Thiruvegappura	36
GHD Vadakkencherry	15

Main activities conducted in Palakkad District

- International Yoga Day celebration
- Yogotsav event (100 days to count down to IDY 2024) held at Carmel school, shoranur in association with NARIP, Cheruthuruthy under Ministry of AYUSH on 21/05/2024.
- National Naturopathy Day celebrations
- National Ayurveda Day celebrations
- Others
 - Summer camps
 - Awareness classes

List of HWCs in Palakkad District

Sl.No.	Name of Yoga Instructor	Name of AHWC
1.	Jisha C C	GAD Alanallur
2.	Dr.Sheeja M	GAD Cherpulassery
3.	Sheeja M	GAD Elappully
4.	Dr.Athira S	GAD Katampazhipuram
5.	Dr.Shaheema I L	GAD Kappoor
6.	Ardra K R	GAD Kuttanassery
7.	Dr.Sumi V S	GAD Malampuzha
8.	Lakshmi varma R	GAD Mannur
9.	Geetha C V	GAD Mathur
10.	Dr.Dhanya R	GAD Mundur
11.	Dr.Naveena Gopinath	GAD Ongallur
12.	Dr.Thabitha A.M.	GAD Paloor
13.	Dr.Anseela A	GAD Peringottukurissi
14.	Dr.Suramya S	GAD Pirayiri
15.	Dr.Fahmida P M	GAD Pombra
16.	Muralikrishnan C	GAD Puthucode
17.	Sruthi S	GAD Puduppariyaram
18.	Dr.Ramya P	GAD Sholayur
19.	Dr.Manjusha Jose	GAD Thachampara
20.	Dr.Archana T V	GAD Thrithala
21.	Dr.Sanjitha R	GAD Vallaramkunnu
22.	Krishnammal	GHD Eruthenpathy
23.	Karthik U	GHD Kinavallur
24.	Remya A	GHD Kongad
25.	Sini K N	GHD Malampuzha
26.	Dr.Ardhra G	GHD Marutharoad
27.	Manjula C	GHD Mundur
28.	Divya P	GHD Pattithara
29.	Mahesh V	GHD Polpully
30.	Sruthi Prasad PV	GHD Thiruvegappura
31.	Ambika K	GHD Vadakkencherry



MALAPPURAM District: Yoga Wellness Centres Report on Yoga Clubs (2023-2024)**Yoga Clubs in Malappuram District**

Name Of Institution	No Of Beneficiaries	
	Male	Female
GAD Pothukallu	2	40
GAD Thavannur	29	49
GHD Angadippuram	38	115
GAD Moothedam	0	15
GHD Pulpatta	30	45
GHD Poyilissery	5	91
GAD Pulamanthole	5	85
GAD Ezhuvathiruthy	3	15
GAD Perumannaklari	5	16
GAD Chandakkunnu	6	8
GHD Areacode	0	208
GAD Tanur	16	175
GAD Melattur	3	16
GHD Chennara	2	56
GAD Vailathur	2	106
GAD Thazhekcode	12	20
GHD Puzhakkatiri	11	48
GAD Maranchery	80	230
GAD Angadippuram	2	20
GAD Anakkayam	4	42
GAD Edavanna	0	122
GAD Mankada	0	13
GAD Koottilangadi	17	21
GHD Perinthalmanna	32	68
GAD Kolathur	10	80
GAD Paramba	0	30
GAD Wandoor	0	32
GHD Kalpakanchery	6	50
GAD Edapatta	24	41
GHD Koorad	1	16

Women's Yoga Clubs in Malappuram District

Name Of Institution	No Of Beneficiaries
GAD Pothukallu	50
GHD Angadippuram	115
GAD Moothedam	15
GHD Pulpatta	36
GHD Kalpakanchery	50
GAD Koottilangadi	21
GAD Chandakkunnu	29
GHD Poyilissery	91
GHD Areacode	208
GHD Chennara	68
GAD Anakkayam	42
GAD Vailathur	155
GAD Pulamanthole	85

GHD Puzhakkattiri	15
GAD Edavanna	122
GAD Maranchery	180
GAD Angadippuram	28
GHD Perinthalmanna	68
GAD Kolathur	200
GAD Paramba	30
GAD Wandoor	32
GAD Mankada	54
GAD Edappatta	14
GAD Chaliapuram	99
GHD Kottakkal	45
GHD Koorad	25

List of HWCs in Malappuram District

Name Of AHC	Name Of Yoga Instructors
Dr.Aswathi K	GHD Angadippuram
Dr. Sumaya Fathima Pm	GHD Pulpatta
Dr Rejath K	GAD Moothedam
Dr. Renuka N R	GAD Thavannur
Dr. Savitha. C	GAD Chandakkunnu
Dr.Thahira Kk	GHD Poyilissery
Dr. Praneetha Kesavan.V	GAD Perumannaklari
Dr.Namitha S	GAD Pulamanthole
Dr.Gopika Kv	GAD Anakkayam
Dr. Sreeshna Pv	GAD Edavanna
Dr Andshy. E. A	GAD Ezhuvathiruthy
Jumana Sherin E C	GHD Puzhakkattiri
Dr Divya Chembrammal	GHD Areacode
Dr Nisha M V	GAD Changaramkulam
Dr Devaki T	GAD Melattur
Dr Anoop Cn	GAD Thazhekcode
Dr Saranya M	GAD Pothukallu
Dr. Shadiya. V	GAD Vailathur
Dr Shaniba Kv	GAD Koottilangadi
Dr Anuradha Kc	GHD Perinthalmanna
Dr.Reshma.T	GAD Angadippuram
Dr Thabsheena.P.	GAD Maranchery.
Dr Varsha. P	GAD Wandoor
Dr.Shahana Sulfeekar	GAD Paramba
Dr.Aneesa Kp	GAD Mankada
Dr.Deepa.P	GAD Edappatta
Dr Bishra Bintah	GHD Chennara
Dr.Arya.P	GAD Vazhikkadavu
Dr. Shameera. E	GAD Edayur
Dr Amal Jaleesa A	GHD Kottakkal
Divya N	GAD Kolathur



WAYANAD District: Yoga Wellness Centres Report on Yoga Clubs (2023-2024)**Yoga Clubs in Wayanad District**

Name of Institution	No of Beneficiaries	
	Male	Female
GHD Muttill	300	50
GHD Vellamunda	31	251
GHD Valeri	145	452
GHD Kaniyambetta	69	436
GHD Sulthanbathery	11	65
GHD Nenmeni	0	325
GHD Noolppuzha	98	120
GHD Mullenkolly	11	42
GHD Odappallam	0	365
GHD Kottathara	68	0
GHD Meppadi	43	106
GHD Thavinjal	0	29
GAD Niravilpuzha	48	98
GAD Padinjarathara	53	183
GAD Pinangode	282	386
GAD Mooppainad	0	30
GAD Meenangadi	74	85
GAD Kaniyambetta	0	0
GAD Muttill	29	90
GAD Padichira	11	42
GAD Eachome	20	246
GAD Ambalavayal	16	167
GAD Thariode	53	192
GAD Thalappuzha	10	40
GAD Vellamunda	0	250
GAD Kottathara	10	85
GAD Alattil	184	267
GAD Vengapalli	6	48
GAD Nenmeni	0	43
GAD Puthusseri	497	357

Women's Yoga Clubs in Wayanad District

Name of Institution	No of Beneficiaries
GHD Muttill	250
GHD Vellamunda	46
GHD Valeri	1014
GHD Kaniyambetta	1417
GHD Poothadi	205
GHD Sulthanbathery	60
GHD Ambalavayal	62
GHD Nenmeni	0
GHD Noolppuzha	120
GHD Mullenkolly	206
GHD Odappallam	430

GHD Kottathara	139
GHD Meppadi	134
GHD Thavinjal	25
GAD Niravilpuzha	221
GAD Padinjarathara	173
GAD Noolpuzha	90
GAD Pinangode	387
GAD Mooppainad	30
GAD Meenangadi	37
GAD Kaniyambetta	715
GAD Muttill	116
GAD Padichira	150
GAD Eachome	243
GAD Ambalavayal	151
GAD Thariode	217
GAD Thalappuzha	15
GAD Vellamunda	250
GAD Alattil	314
GAD Vengapalli	48
GAD Nenmeni	17
GAD Puthusseri	181

Main activities conducted in Wayanad District

GHD Sulthan Bathery

- International Yoga Day Celebration was conducted in association with,
 - Kudumbashree Mission Wayanad, Kudumbashree School of Yoga at Milk Society Hall, Sulthan Bathery
 - Family Health centre chithalayam – Awareness class and yoga demonstration was done
- World Asthma Day – Awareness class was conducted at Sulthan Bathery Municipality Community Hall, there were 50 beneficiaries.

GHD Kaniyambetta

- International Yoga Day Celebration conducted at
 - Kaniyambetta Panchayath Hall, 46 beneficiaries
 - Rasta Club Kambalakkad, 36 beneficiaries
 - Anganwadi Centre Kambalakkad, 12 beneficiaries
- World Hepatitis Day – World hepatitis day celebration was conducted on July 28 at Kozhijagade Arogyakendram,
- World Breast feeding day celebration – Awareness session was conducted

- World Mental Health Day – Awareness session and yoga demonstration was conducted in association with G L P School Cheekkalloor
- World Heart Day – Yoga session was conducted at Cheekkalloor Subcentre,

GHD Nenmeni

- International Yoga Day celebration was conducted at GVHSS Anappara,

GHD Valeri

- World Environmental Day celebration was conducted at
 - Ayurveda Sub centre Pathirichal, awareness sessions and Yoga training was conducted
 - Pallikkal Anganwady, awareness sessions and Yoga training was conducted
- World diabetes day celebration
- International Women's Day celebration
- International Women's Heart Week celebration at Pazhasi Nagar
- International Yoga Day Celebration – Awareness sessions and Yoga demonstration was conducted at Panchayath Hall Panamaram
- World Breast feeding day celebration – Awareness session was conducted at Anjam Peedika Anganwadi

GHD Kottathara

- International Yoga Day Celebration at GHSS Kottathara,
- International Women's Day celebration was conducted at Kottathara Panchayath Building, awareness session and Yoga demonstration was done.

GHD Muttill

- International Yoga Day celebration was conducted at GLPS Mangad – Awareness session and yoga demonstration was done
- Kerala sports day celebration was conducted at WMO Higher secondary School Muttill, 50 students participated.
- Children's day celebration was done at Jyotis Academy, 35 children participated in the yoga session.
- World Mental Health day celebration was conducted at Psycho-social Rehabilitation centre, Vazhavatta.

GHD Noolppuzha

- World Hypertension Day – Awareness session and yoga demonstration was conducted.

GHD Meppadi

- Republic day celebration – Yoga demonstration and special Yoga dance performance was done.
- International Yoga Day celebration was conducted at GHSS Meppadi – Awareness session and yoga demonstration was done.
- World environmental day celebration was conducted at St. Joseph Girls High School, the programme was entitled as “Vidhya Yoga”
- Breast cancer awareness class and yoga session was conducted
- Nutrition month celebration – “Poshan” was conducted in association with Kadoor Anganwadi, there were 17 participants in the awareness session, demonstration of food preparation and yoga demonstration.
- World Mental Health Day celebration – Awareness session and yoga demonstration was conducted at St. Joseph Girls School
- World Arthritis Day celebration – Awareness session and yoga demonstration was conducted for elderly population, there were 39 beneficiaries
- World Diabetes Day - Awareness session and yoga demonstration was conducted at Poothakolly Anganwadi
- World AIDS Day – Yoga session was conducted at St. Joseph Girls School

List of HWCs in Wayanad District

SL.No	Name of Yoga instructor	Name of AHWC
1	Syamili V	GHD Muttill
2	Sudheesh P K	GHD Vellamunda
3	Veena Vijayan	GHD Valeri
4	Jishma V B	GHD Kaniyambetta
5	Geetha P C	GHD Poothadi
6	Akshaya K R	GHD Sulthanbathery
7	Anisha Ann Joy	GHD Ambalavayal
8	Aswathy P P	GHD Koleri
9	Reeshmabai	GHD Nenmeni
10	Vinesh T K	GHD Noolppuzha
11	Vijina T S	GHD Mullenkolly
12	Reena P M	GHD Odappallam
13	Swathy C V	GHD Kottathara
14	Rekha K K	GHD Meppadi
15	Reshma T M	GHD Thalippuzha
16	Shafna Bhanu	GHD Neervaram
17	Daly Lovelin	GHD Thariode
18	Aswathy Jain	GHD Thavinjal
19	Dr. sangeetha. k. gokulan	GAD Niravilpuzha
20	Dr Ayishafebina	GAD Padinjarathara
21	Sreekala. K. A	GAD Noolpuzha
22	Vidya. K	GAD Pinangode
23	Dr saranya pr	GAD Mooppainad

24	Sudhakaran V V	GAD Meenangadi
25	Sathidevi K	GAD Kaniyambetta
26	Gayathri M S	GAD Muttill
27	Vijina T S	GAD Padichira
28	Sona C	GAD Mananthavady
29	Aiswarya K	GAD Eachome
30	preetha pp	GAD Ambalavayal
31	Rasmi MP	GAD Thariode
32	Anila K Rajam	GAD Thalappuzha
33	Vacant	GAD Vellamunda
34	Mini PJ	GAD Kottathara
35	Abhilash C U	GAD Alattil
36	Archana Sathyan	GAD Vengapalli
37	Asha P	GAD Kottathara Mechana
38	Dr Janitha K Jayan	GAD Nenmeni
39	Dr.Christy George	GAD Pulpalli
40	Pavitha k k	GAD Puthusseri





KANNUR District: Yoga Wellness Centres Report on Yoga Clubs (2023-2024)**Yoga Clubs in Kannur District**

Name of Institution	No of beneficiaries	
	Male	Female
Koodali gramma panchayth hall (GHD Nayattupara)	5	14
4 periya vayanasa ward 2 (GHD Nayattupara)	6	18
Muttannur grammadeepam vayanasa (GHD Nayattupara)	3	17
Chengalayi cherankunn vayojana kendram (GAD Chengalayi)	7	42
Naduvaloor pothujana vayanashala (GAD Chengalayi)	0	25
Chuzhali vayojana kendram (GAD Chengalayi)	0	39
Mangalasseri arts and sports club (GAD Pattuvam)	4	14
AYUSH yoga club dispensary hall (GAD Pattuvam)	2	12
AYUSH yoga club vellichankeel (GAD Pattuvam)	0	19
AYUSH yoga club muthukuda (GAD Pattuvam)	0	21
AYUSH yoga club padinjarechal (GAD Pattuvam)	1	16
AYUSH yoga club muriyathod (GAD Pattuvam)	0	15
Grameena vayanasa and public library, Koovode (TAH Taliparamba)	15	43
St.Joseph centre, Muthalappara (TAH Taliparamba)	25	28
Govt. model residential school, Pattuvam (TAH Taliparamba)	45	
E K Nayanar Smaraka Vayanasa,Poovampoil (GAD Sivapuram)	20	25
Govt L P School Muthukutty poil (GAD Sivapuram)	10	40
Kalavedhi, Chemmaram (GAD Sivapuram)	1	32
Sasthrinagar Anganwady (GAD Sivapuram)	0	10
Koottakkavu, Auditorium (GAD Sivapuram)	1	15
Govt L P School, Sivapuram (GAD Sivapuram)	0	10
Nittaramb Anganwady (GAD Sivapuram)	0	15
C K Gopalan Smaraka Vayanasa (GAD Sivapuram)	3	20
Yoga Club, Kommal,Vayalalam (GAD Thalassery)	0	26
GAD, no 3 poyiloor anganawadi (GAD Poyiloor)	1	10
Sreekrishna vilasam lp school, vilakottoor (GAD Poyiloor)	4	10
Poyiloor lp school (GAD Poyiloor)	9	8
Sree rama gurukulam lp school , kadavathoor (GAD Poyiloor)	1	17
Samadarshini Vayanashala, Naduvanadu (GAD, Iritty)	3	19
GAD Thillenkeri – ward 5	0	22
GAD Thillenkeri – ward 8	0	33
Navodaya Kala Samithi Ezhome (GAD Ezhome)	0	20
Yuvasakthi Arts and Sports club Kannome (GAD Ezhome)	0	20
Janakeeya Vayanashala Aduthila (GAD Ezhome)	2	30
Yuvachethana Vayanashala Narikode (GAD Ezhome)	0	40
Gramam Club Chengal (GAD Ezhome)	0	25
Jnanodaya Vayanashala Chengal Pazhayangadi (GAD Ezhome)	4	25
Navodaya Kalasamithi Kaiveli (GAD Ezhome)	0	20
Ward 5 Shishumandhiram Arayakkal (GAD Panniyannur)	0	21
Ward 4 Chothavooka HS School (GAD Panniyannur)	0	26
Ward 9 CKG Vayanashala Panniyannur (GAD Panniyannur)	0	31
Ward 7 anganwadi Panniyannur (GAD Panniyannur)	0	18
Ward 15 punjakkara Anganwadi (GAD Panniyannur)	0	16
Ward 1 vanitha corner chambad (GAD Panniyannur)	0	15
Ward 2 vanitha corner chambad (GAD Panniyannur)	0	31
GAD Peralam	0	29

Kallor ward (GHD Mattannur)	4	10
Kayali ward (GHD Mattannur)	2	17
Kalaroad ward (GHD Mattannur)	1	12
Aanikkari (GHD Mattannur)	1	11
Miniward (GHD Mattannur)	1	10
Mettadi womens yoga club (GHD Mattannur)	0	20
Ward 1 vallathol smaraka vayanashala community hall (GAD Kankol)	6	13
Ward 10 thazhekurunth vayanashala (GAD Kankol)	0	29
Patyam panchayath poovathoor yoga club (Ayushgramam uthuparamba)	5	21
Kottayam poyil yoga club (Ayushgramam Kuthuparamba)	3	17
6th mile yoga club (Ayushgramam Kuthuparamba)	20	82
Poolabazar geriatric yoga club (Ayushgramam Kuthuparamba)	5	15
Kongatta geriatric yoga club (Ayushgramam Kuthuparamba)	0	20
Deshabandhu yoga club (GAD mangattidam)	8	15
Kirachi yoga club (GAD mangattidam)	30	20
Kaithachal yoga club (GAD mangattidam)	0	12
Koyilod yoga club (GAD mangattidam)	0	15
Ambilad yoga club (GAD mangattidam)	15	20
Ward 7 palottmoola (GAD kuttiyattor)	0	20
Ward 15 (GAD Kuttiyattor)	4	17
Ward 13 kavumpal (GAD Kuttiyattor)	0	37
Ward 9 cheruvathala motta (GAD Kuttiyattor)	0	10
Ward 6 vaduvankulam (GAD Kuttiyattor)	0	23
Chittariparamb Mananderi (Ayushgram mattanur)	8	20
Kolayad Arayangad (Ayushgram mattanur)	10	36
Vayannur Geriatric (Ayushgram mattanur)	8	24
Kollappa Geriatric (Ayushgram mattanur)	7	15
Mattannur kolari Ward (Ayushgram mattanur)	5	27
Sreenarayan vayanashala SN puram (GAD Eranholy)	9	26
Kundancheri vayanashala, kudakkalam (GAD Eranholy)	4	24
AHWC Mayyil	8	20
Kootam samskarika nilayam (ward 3) (GAD Padiyottuchal)	0	16
AYUSH primary health centre homeo, Aravanchal (ward 13)	0	26
Raghunathan smaraka mandiram, Ummarapoyil (ward15) (GAD Padiyottuchal)	0	11
Community hall (gp pappinisseri) (GAD, Pappinisseri)	0	16
Kannan smaraka vayanashala parakkal (GAD, Pappinisseri)	0	27
BTR vayanashala, keecheri (GAD, Pappinisseri)	0	23
Santhiprabha vayanashala Aroli (GAD, Pappinisseri)	0	26
Keecherikkunnu Nursery (GAD, Pappinisseri)	0	30
Velapuram Anganavaadi (GAD, Pappinisseri)	0	26
Kattileppalli Anganavaadi (GAD, Pappinisseri)	0	16
Enthod Anganavadi (GAD, Pappinisseri)	3	22
Karikkankulam Anganavaadi (GAD, Pappinisseri)	0	30
DharmakkinarAngana vaadi (GAD, Pappinisseri)	0	25
Shisumandiram Pazhanjira (GAD, Pappinisseri)	2	49
Vadeswaram Vayanashala (GAD, Pappinisseri)	0	24
Panchayat samskarika Nilayam (GAD Muzhappilangad)	10	18
Kids yoga (GAD Muzhappilangad)	16	0
Govt higher sec school muzhappilangad (GAD Muzhappilangad)	23	0
Grameena vayanashala Muzhakkunnu (GHD Muzhakkunnu)	2	10
Ayichoth center (GHD Muzhakkunnu)	0	12
Keezhallor thudargramavayana shala (GAD Keezhallor)	10	2
Valayal dispensary keezhallor (GAD Keezhallor)	5	13

Kadakkode vayanashala (GAD Keezhallor)	1	20
Chelora Zone Club (GHD Pallipram)	3	17
Chelora Zone Club (GHD Pallipram)	2	18
Chelora Zone Club (GHD Pallipram)	4	16
Ward 16 (GHD Kalliassery)	3	30
Deshasnehivayanashala ward 8 (GHD Kalliassery)	0	24
Patyam gopalan smaraka vayanashalaward 14 (GHD Kalliassery)	0	36
K V Smarakavayanashala (GHD Kalliassery)	0	24
A K G smaraka vayanashalaward 13 (GHD Kalliassery)	0	25
Yoga club ward 39 (GAD Panoor)	12	38
Yaga club chaithanya Anganwadi (GAD Panoor)	0	28
Yoga club kanakambika temple (GAD Panoor)	0	26
Kelakam panchayath mele kundery manjalampuram vayojana mandiram (AHCW Adakathode)	4	15
Manjalampuram vayojana mandiram (AHCW Adakathode)	17	23
Kavinmoola vayojana visrama kendram (GAD Anjarakandy)	8	23
Kavinmoola vayojana visrama kendram (GAD Anjarakandy)	0	27
Kavinmoola vayojana visrama kendram (GAD Anjarakandy)	0	15
Ward 7 (GAD Kannadiparamb)	0	20
Ward 12 (GAD Kannadiparamb)	0	20
Ward 12 AYUSH Yoga Club (GHD Vellora)	0	30
Ward 9 AYUSH Yoga Club (GHD Vellora)	0	14
Star club library reading room 17 ward (GAD Kadirur)	3	23
Joly library 12 ward (GAD Kadirur)	4	33
Patyam gopalan smaraka vayanashala 4 ward (GAD Kadirur)	0	15
Manakkal anganwadi 7 ward (GAD Kadirur)	0	17
Vijnana dhayini vayanashala 9 ward (GAD Kadirur)	3	33
Thayyil muk EMS club 8 ward (GAD Kadirur)	0	25
Muzhappala L P School ward 1 (GHD Anjarakandy)	0	41
Chapparapadavu yoga club (GAD Chapparapadavu)	0	56
Yoga club kakkadav (GAD Chapparapadavu)	0	48
Yoga club ramapuram (GAD Chapparapadavu)	0	24
GHD Chokli	0	23
Mokeri AYUSH yoga club (GHD Mokeri)	12	40
GHD Mattol	3	17
Mathamangalam yoga club (GAD Mathamangalam)	0	52
Yoga club olayambadi (GAD Mathamangalam)	0	52
Yoga club kannappallipoil (GAD Mathamangalam)	0	53
Ward 19 (GAD Chembilode)	0	10
Ward 17 Chala (GAD Chembilode)	1	16
Ward 13 Koyyode (GAD Chembilode)	0	29
Kuzhiyil peedika (GAD Vengad)	10	40
Vellakanjanam (GAD Vengad)	5	35
Chengodi Kannan smaraka vayanashala (GHD Dharmadam)	0	17

Women's Yoga Clubs in Kannur District

Name of Institution	No of Beneficiaries
Kolappa (GHD Nayattupara)	15
Manakkad vayanashala (GAD Pattuvam)	46
Peringaleri CRC (GAD Pattuvam)	18
Mannokkara (GAD Pattuvam)	17
Grameena vyanasala and public library, Koovode (TAH Taliparamba)	43
St.Joseph centre, Muthalappara (TAH Taliparamba)	28
Yoga Club, Kommal,Vayalalam (GAD Thalassery)	26
Govt Ayurveda Dispensary Sivapuram (GAD Sivapuram)	20
Vayojana kendra, Maloor (GAD Sivapuram)	15
Govt L P School, Kanjileri (GAD Sivapuram)	20
GAD Poyiloor	15
Anganavadi, 19th Mile (GAD, Iritty)	18
GAD Thillenkery – ward 5	22
GAD Thillenkery – ward 8	33
Navodaya Kala Samithi Ezhome (GAD Ezhome)	20
Yuvasakthi Arts and Sports club Kannome (GAD Ezhome)	20
Yuvachethana Vayanashala Narikode (GAD Ezhome)	40
Gramam Club Chengal (GAD Ezhome)	25
Navodaya Kalasamithi Kaiveli (GAD Ezhome)	20
Ward 8 PTK vayanashala (GAD Panniyannur)	13
Ward 12 E K Nayanar smaraka hall (GAD Panniyannur)	10
GAD Peralam	29
Mettadi womens yoga club (GHD Mattannur)	20
GAD Kankol	36
Kudumbasree members alakkod (GAD Kankol)	15
PP nanumaster smaraka kendram (Ayushgramam Kuthuparamba)	30
Purakkalam (Ayushgramam Kuthuparamba)	40
Shankaranellur yoga club (GAD mangattidam)	33
Anikkari 5th Ward (Mattannur)(Ayushgram mattanur)	38
Illam Moola Ward (Mattannur)(Ayushgram mattanur)	40
Jawanmukku Vyanasala Koodali (Ayushgram mattanur)	34
Idavelikkal Vyanasala (Ayushgram mattanur)	20
Palad Vyanasala (Ayushgram mattanur)	22
Azheekodan vyanasala, Malal (GAD Eranholy)	17
Kadhirur service shakarana bank, Chonadam (GAD Eranholy)	44
Kunjiraman masterhall, Vaganam chal (GAD Eranholy)	44
Kavinmoola Vyanasala[wrđ-8] (GAD Mayyil)	18
Valliyottu Anganvadi[wrđ - 8] (GAD Mayyil)	8
Samskarika nilayam Mullakodi [ward 1] (GAD Mayyil)	21
GAH Mayyil	12
Kootam samskarika nilayam (ward 3) (GAD Padiyottuchal)	16
AYUSH primary health centre homeo,Aravanchal (ward 13)	26
Raghunathan smaraka mandiram, Ummarapoyil (ward15)(GAD Padiyottuchal)	11
Thayatt sankaran smaraka vyanasala,dharmakkinar (GAD, Pappinisseri)	25
Karikkankulam Anganavaadi (GAD, Pappinisseri)	30
Vadeswaram vyanasala (GAD, Pappinisseri)	24
Shisumandhiram Pazhanjira (GAD, Pappinisseri)	49
Vilakkode Vyanasala (GHD Muzhakkunnu)	10

Panayathamparamb naripottakari anganvadi (GAD Keezhallor)	24
Chalod E K nayanar vayanashala (GAD Keezhallor)	17
Thenoor palayoodanganvadi (GAD Keezhallor)	13
Mathukoth (GHD Pallipram)	30
Mathukoth (GHD Pallipram)	24
Kalliassery central vayanashala ward 4 (GHD Kalliassery)	20
Yoga club chaithanya Anganvadi (GAD Panoor)	28
Yoga club kanakambika temple (GAD Panoor)	26
Kelakam panchayath perumthanam (AHWC Adakathode)	24
GAD Anjarakandy	14
Ward 8 (GAD Kannadiparamb)	12
Ward 12 (GAD Kannadiparamb)	10
Ward 4 (GAD Kannadiparamb)	10
Ward 13 (GAD Kannadiparamb)	11
Ward 7 (GAD Kannadiparamb)	13
Ward 12 AYUSH Yoga Club (GHD Vellora)	30
Ward 9 AYUSH Yoga Club (GHD Vellora)	14
Patyam gopalan smaraka vayanashala (GAD Kadirur)	15
Manakkal Anganvadi (GAD Kadirur)	17
Thayyil mukk EMS club (GAD Kadirur)	25
Muzhappala L P School ward 1 (GHD Anjarakandy)	41
Chapparapadavu yoga club (GAD Chapparapadavu)	56
Yoga club kakkadav (GAD Chapparapadavu)	48
Yoga club ramapuram (GAD Chapparapadavu)	24
GHD Chokli	23
Ekavasa 9 (GHD Mokeri)	25
Oruma 12 (GHD Mokeri)	24
Puthuma 8 (GHD Mokeri)	25
GHD Mattol	26
GHD Mattol	9
Mathamangalam yoga club (GAD Mathamangalam)	52
Yoga club olayambadi (GAD Mathamangalam)	52
Yoga club kannappallipoil (GAD Mathamangalam)	53
Ward 13 koyyode (GAD Chembilode)	29
Pathiriyad (GAD Vengad)	21
Chengodi Kannan smaraka vayanashala (GHD Dharmadam)	17

Main activities conducted in Kannur District

GAD Anjarakandy

- Yoga presentation
- Yoga awareness class
- Class for importance of millets
- Healthy eating habits

GHD Nayattupara

- Republic day – Yoga demonstration class and awareness class with 27 participants
- International Yoga day - Yoga dance, soorya namaskara demonstration
- Onam celebration- cultural programmes and yoga dance by all beneficiaries
- Tour programme to Madayippara & Parassinikkadavu with all completed batch

TAH Taliparamba

- Created awareness among the people through awareness classes, general yoga training, therapeutic yoga sessions.
- Yoga day celebration
- VIVA Kerala awareness class
- Training for ASHA workers

GHD Thalassery

- Done Yoga Therapy to the patients sent by CMO, GHD, Thalassery.
- Regular yoga classes in HWC, GHD, Thalassery and also in Women Yoga Club, Kommal, Thalassery.
- Organized International Yoga Day Celebration. Approximately 70 persons participated, which includes important dignitaries of Thalassery municipality, common public, old and new yoga student
- With the help of Yoga Therapy marvelous improvement was brought in patients suffering from sciatica, chronic obstructive pulmonary disease, cervical spondylosis, osteoarthritis, pedal oedema, diabetes mellitus, hypercholesterolemia, fatty liver, myopia, hyperopia, migraine, stress, anxiety, depression, varicose vein, plantar fasciitis, etc.
- Yoga asanas competition, Yoga essay competition and Yoga slogan writing competition were conducted in different schools and prizes were given to the winners on International Yoga Day.
- Took many awareness programs about Yoga in the nearby panchayats and also in educational institution

GAD Sivapuram

- Awareness class held at Anganwadi
- Formed yoga clubs

GAD Poyiloor

- International yoga day celebrated and awareness class conducted related to this in different schools.
- Quiz competition related to yoga and yoga challenge conducted for students as a part of international yoga day
- Awareness class conducted as a part of National Yoga Day. At PKM higher secondary school kadavathoor.
- Yoga dance performance by Bhashaposhini LP school students for their annual day celebration.
- Invited as a chief guest for north oyiloor LP school for their annual day celebration.

GAD Iritty

- Conducted yoga display of children at Uliyil UP School. And also, Introduction of some Ayurvedic herbals in relation to Ayurvedic Day.
- Conducted Awareness Class about Yoga at Samadarshini Vayanashala, Naduvanadu and Anganavadi in 19th Mile.

GAD Thillenkery

- Community Level Yoga Training, Yoga Club is going on.
- Awareness classes are also conducted every month.
- Yoga practice was conducted in the 2 scheduled tribes' colony under the panchayat. They are retrained at regular intervals.
- Yoga is prescribed for palliative patients. Conducted yoga awareness class through radio (on yoga day)

Ayushgram (Kuthuparamba)

- Geriatric yoga club was started with the purpose of physical and mental rehabilitation of senior citizens and to conquer the age-related disorders to an extent. It included chair yoga, breathing exercises etc.
- Women yoga club constituted yoga techniques to tackle different diseases of gynecological origin and also the post-menopausal symptoms to an extent. Apart from the yoga clubs, awareness sessions related to yoga has been delivered in nearby schools and wards along with that yoga camp was also being conducted in the same in collaboration with NSS unit of respective schools. A good number of students utilized the program very well. It was found effective in reducing academic stress and improving concentration, there by bringing up further interest in academic activities especially in students with scholastic backwardness.

Ayushgram (Mattanur)**Yoga Day Celebration**

- Yoga Demonstration
- Yoga dance
- Yoga Quiz Competition
- Yoga poster competition
- Drawing for kids

Navakerala sadas

- Kadirur service saharana bank chonadam
- Yoga Demonstration
- Yoga dance

Awarness class, Yoga club inaugurate, Yoga dance for kids, Yoga Demonstration
GAD Padiyottuchal

- Yoga awareness classes were conducted in Anganavadi, Schools & among kudumbasree CDS members
- Conducted yoga dance, yoga quiz competition & yogasana competition on
- International Day of Yoga of the year 2023.

GHD Muzhakunnu

- Participation in Navakerala sadass at Iritty.

GAD Kannadiparamb

- Yoga orientation classes for kudumbasree workers

GHD Vellora

- International Yoga Day Celebration,
- Took Classes for Student Police Cadets, NSS.
- Scout and Guides
- Rover's and Ranger's

GAD Chapparapadavu

- Members of yoga club presented yoga for public on international yoga day
- Members of yoga club participated in yoga exhibition in association with Nava kerala sadas at Taliparamb

GAD Panoor

- Yoga day celebration - In Dispensary and Chaithanya Anganavadi
- Onam Celebration in Dispensary.
- Ayurveda day – conducted medical Camp in Dispensary and speech on Ayurveda and Yoga.
- New Year Celebration in Chaithanya Yoga club.

List of HWCs in Kannur District

SL.No	Name of Yoga instructor	Name of AHWC
1	Thankamani E N	GHD Nayattupara
2	Poornima P	GAD Chengalayi
3	Sheema T V M	GAD Pattuvam
4	Dr Omnath	TAH Taliparamba
5	Dr Vikas Sivadasan	GAD, Thalassery
6	Jinisha Chittakkandy	GAD Sivapuram
7	Dr Amaya S	GAD Poyiloor
8	Beena Attadappa	GAD, Iritty
9	Dr Sanila K V	GAD Thillenkery
10	Dr Bhavana M V	GAD EZHOME
11	Baby Nisha A	GAD Panniyannur
12	Sreekala S	GAD Peralam
13	Shyma K M	GHD Mattannur
14	Binitha K P	GAD Kankol
15	Dr Shijina P C	Ayushgramam Kuthuparamba

16	Anagha prakash	GAD mangattidam
17	Jisha M	GAD Kuttiyattor
18	Sheela P K	GAD Koodali (Ayushgram mattanur)
19	Reshma C	GAD Eranholy
20	Nidheesh K	AHWC Mayyil
21	Dr Anusha Shaji R	GAD Padiyottuchal
22	Dr.Anusha P V	GAD, Pappinisseri
23	Greeshma C	GAD Muzhappilangad
24	Archana S	GHD Muzhakkunnu
25	Dhanya T	GAD Keezhallor
26	Dr Thara K R	GHD Pallipram
27	Sindu T	GHD Kalliassery
28	Satheeshan V	GAD Panoor
29	Dr Divina C Divakaran	AHWC Adakkathode
30	Smitha K P	GAD Anjarakandy
31	Babitha M	GAD Kannadiparamb
32	Shabina K V	GHD Vellora
33	Charishma Jayan	GAD Kadirur
34	Nithya K P	GHD Anjarakandy
35	Pradeep T	GAD chapparapadavu
36	Prakashan P	GHD Mattol
37	Anjali K	GHD Chokli
38	Sapna K	GHD Mokeri
39	Dr Varsha Venugopal	GHD Mattol
40	Pradeepan V	GAD Mathamangalam
41	Suresh Babu K	GAD Chembilode
42	Praveen K	GAD Vengad
43	Sheeja C	GHD Dharmadam



KARARGOD District: Yoga Wellness Centres Report on Yoga Clubs (2023-2024)**Yoga Clubs in Kasargod District**

Sl No.	Name of Institution	No of Beneficiaries	
		Male	Female
1.	GHD Cheemeni		
	Govt.U.P.School Muzhakkooth	36	25
	Govt.U.P.School Nalilamkandam	15	34
2.	GAD Kamballur		
	Crc Kamballur		19
	Ghss Kamballur	70	68
	Ayannur (Parakadavu)		16
	Bhavana Club Kadumeni	5	16
	Nss Kattipoyil	9	9
	Neelampara Jama-Ath		9
	Samatha Purusha Swayam	1	16
	Sahaya Sangam		
3.	GAD Kumbala		
	Govt.Asbs,Ichilampady, Kalathur	81	101
	Gblps, Ujaruluvar	17	29
4.	GAD Chemmanad		
	Chemnad Panchayath Hall [Ward		17
	Aramnganam Anganvady[Ward		13
	Paramba Netaji Club		20
5.	GAD Kattipoil	30	35
	Nelliyadukkam Aup School		
	Periyanganam Yoga Club	17	20
	Kinanoor Karinthalam Panchayath	10	20
	Office Staffs		
6.	GHD Nayanmarmoola		
	Gov.Model Homoeo Dispensary	0	30
	Nayanmmarmoola (Chambalam		
	Anganvady Centre)		
7.	GHD Pilicode		23
	GHD Pilicode (Olat Yoga Club)		
8.	GAD Ambaluthukara		
	Vypara		
	Vyavasaayi Ekopanasamithi		10
	Ambalathara Unit		
	Keshavjee Smaraka Library		8
	Moonammile		
	Community Hall Kannothe		10
9.	GAD Mulleria		
	(Purusha Swayam Sahaya		22
	Sangam Adukkam)		
10.	GAD Haripuram-	12	40
	Sayamprabha Chalingal		
	Cyclone Shelter, Pullur	3	24
11.	GAD Cheruvathur	0	13

	Puthiyakandam Akg Smaraka Vayanasala		
	Bala Gokulam Samskarika Kendram Achamthuruthi	0	15
	Kizhakkemuri Pothujana Vayanasala	0	22
12.	GHD Meencha	7	20
	Meencha Yoga Club		
	Durjjipalla Yoga Club	0	15
	Bejja Yoga Club	0	26
13.	GAD Padanna	16	8
	Kinathil Library		
	M.P.Kannan Smaraka	3	13
	Mandiram,Tadiyankovval.		
14.	GUD Mogral	7	6
	Friends Club		
	S.M Library	6	3
15.	GAD Badiadka	3	8
	Ads Hall (8th Ward Badiadka Grama Panchayat)		
16.	GHD Chittarikkal		13
	Kamballur		
17.	GAD Parappa		10
	7 Th Ward Brc Hall (22/06/23 To 1/8/23 10		
	7 Th Ward Moolapara		20
	8 Th Ward Prathibha Nager	2	17
	6 Th Ward Puliyamkulam		18
	9 Th Ward Thodamchal	2	18
	7 Th Ward Moolapara		20
18.	GHD Kinavoor Club 1		28
	GHD Kinavoor Club 2		29
19.	GAD Iriyanni		20
	AYUSH Yoga Club		
20.	GHD Manjeshwar	15	45
	Sat School Manjeshwar		
	Kudumbasree Hall Manjeshwar		10
21.	GHD Uduma	9	33
	Community Hall Uduma		
	Para Friends & Sports Club Kundolampara		30
22.	GAD Mangalpady	1	19
	Mangalpady Panchayath Hall		
	Ichilangod Anganwadi Hall		15
	Sivasakthi Club	2	16
23.	GHD Belur	1	19
	Podavadukkam		
24.	GHD Mangalpady		15
	Gramapanchayath Mangalapady		
25.	GHD Delampady	16	40
	GHD Delampady		
26.	GAD Valiyaparamba	0	7
	Homeo Dispensary Hall Kannveed Kadappuram		
	Priya Dharsini Club Mavila Kadappuram	0	20
27.	GHD Ajanur		22
	Kunjikannan Granthalayam, Podippallam		
28.	GAD Pilicode	1	22
	AYUSH Yoga Club- Navodaya Vayanasala, Kannamkai, Kodakkad		
	Vayojana Yoga Club, Kalikkadavu	16	2

29.	GAD Panathady Mvs Vayanshala, Machipalli	8	7
30.	GAD Maloth Yoga Club – Ward 1 (Edathode)	14	17
31.	GAD Mudiyyakkal Thekkekkara Mathru Samithi	5	40
32.	GAD Kannamvayal Vayojanakendram Sangachethana club Kuthirakkode		24
33.	GHD Bandhadka Ramakrishna Grandhalayam, Kalakkara, Kuttikol Thavanam School, Padupp	3	12
		15	15
34.	GAH Cheemeni Ayush Wellness Snehatheeram Buds School Kayyur, Ayush Gram- GAD Udma Sishupriya Anganwadi Paramba, Karicheri	600	484
		6	21
35.	GAH Kasaragod Collectorate Kasaragod Municipality Vanitha Bhavan Hall Kasaragod	25	60
		45	72

Women's Yoga Clubs in Kasargod District

Sl No	Name of Institution	No of Beneficiaries
1	GHD Cheemeni Kunhikkoran Smaraka Vayanasala And Grandhalaya	17
2	GAD Kamballur Sandi Bhavan Kadumeni	15
3	GAD Kumbala Rajeev Bhavanam, Kidoor Sreerama Bhajana Mandiram, Ambiladka	21
		27
4	GAD Kattipoil Koyithatta Cds Hall	20
5	GHD Nayanmarmoola Gmhd Nayanarmoola	20
6	GAD Ambalathukara Govt Ayurveda Dispensary Ambalathukara	18
	GAD Cheruvathur, Mundakkandam	30
7	GAD Padanna Kinathil Library	15
8	GHD Pallikkara Pulari Club(Thachangad)	22
9	GHD Manjeswaram Prakrithi Womens Yoga Club, Shanthi Nagar	18
10	GHD Uduma Victory Club Sargadhara Club Uuduma Vadakkekara Pradeshika Samithi Uduma Padinjare Pradeshika Samiti Hall	17
		20
		21
		26
11	GAD Mangalpady Adarsha Mahila Sangam Adukka	12
12	GAD Valiyaparamba	

	Homeo Dispensary Hall Knnveed Kadapuram	7
	Priya Dharsini Club Mavilakadappuram	20
14	GAD Pilicode	
	Crc Library Paduvalam,	25
	Defence Arts And Sports Club Madivayal	15
15	GHD Bandhadka-	
	Peoplis Swayam Sahaya Sangam, Ottamavumkal, Padupp	15
16	GAH Cheemeni	
	Kizhakekkara Yoga Club	434
17	Ayush Gram- GAD Udma	
	Vaishnavi Auditorium Erol Udma	36
18	GAH Kasaragod	86

Main activities conducted in Kasargod District

GAD MALOTH

- Balal Grama Panchayat Government Ayurveda Dispensary AYUSH Health and Wellness Centre Maloth & Senior Citizen Forum Edathode Conducted Yoga Day Celebrations and Inauguration of Yoga Club on 22 nd June 2023 at Edathode Sayampranha Home.- 40 Participants
- In the Year of 2023-24 our Yoga Instructor mainly Conducted Yoga Classes for Senior citizens in this Panchayath. Mainly at Malom.Vellarikundu, Edathode Sayamprabha Homes and Gandhibhavan Love and Care Home Vellarikundu.- 25 Participants

GAD MUDIYAKKAL

- International Yoga Day Celebration – BRHS Bovikkanam – 50 Nss Volunteers
- International Yoga Day Celebration Kasaragod Sub Court- Advocates- Judge- 30 Participants
- International Yoga Day Celebration LP Thiruvakkoli- 60 Students
- International Yoga Day Celebration Thachangad Scholl SPC Students – 90 Students

GAD BANTHADUKA

- International Yoga Day Celebration- 35 Students
- Independence Day Celebration- GHD Bandadka- 30 Participants

GAD PILICODE-

- International Yoga Day- @ GUPS Pilicode- 50 Students
- Padanna VKPKHMMRHSS - NSS Unit 7 Day Yoga Camp- @ GUPS Pilicode
- International Yoga Day- @ GAD Pilicode- 30 Beneficiaries
- Summer Vacation Class- 10 Days- 12 Participants

GHD AJANUR

- Awareness Programme Conducted on 21/06/2023 At Kunjikannan Granthalayam, Podippallam- 39
- Yoga Class and Awareness class Conducted for Haritha Karmasena @ Ajanur Panchayath-
- Yoga Class Conducted On 1/11/2023 with She Camp- 43 Beneficiaries

GAD VALIYAPARAMBA

- Yoga training for children- Govt fisheries HSS Padannakadappuram- 44 participants- 1/2/2024 to 15/3/2024
- Awareness class for children about yoga- Govt LP school Madakkal- 125 participants 10/11/2024
- Awareness class about health and yoga –Mavilakadappuram
- Summer vacation yoga classes for children -Govt Ayurveda dispensary Madakkara
- Yoga training and health awareness class at Idayillallad Anganwadi
- Awareness class about yoga and health at Thondachan devasthanam Thrikkarippur Kadappuram
- Medical camp and yoga awareness class at Beach friends and Vayanasala Library Veluthapoyya,
- Infertility clinic and Yoga inauguration program at beach side Valiyaparamba.
- Ayurveda day celebration at Govt Ayurveda dispensary Madakkal

GHD ERIKKULAM

- Yoga Instructor Mr. Lenin Ashok Was Invited as the Special guest At The 75 Th Republic Day Function Held At Rashtrapati Bhavan, Delhi, On January 26 Th , 2024.
- Conducting free 21 days online yoga program as a part of 2024 international yoga days celebration 90 members registered 42 regular participation in that session.

GHD DELAMPADY

- Yoga awareness class and yoga class for SPC students- GHSS Adoor- 83 students'
- Yoga awareness class and yoga class on Kerala Piravi day- Mathrubavan, Delampady-37 beneficiaries

GHD MANGALPADY

- Medical Camp- SHE CAMPAIGN- 31 Beneficiaries

GHD BELUR

- Mass Yoga Demonstration- International Yoga Day Celebration- Nehru College- 150 Students
- Health Awareness and Yoga Class- Kodoth- 4th Ward- 12 Beneficiaries.
- Summer Vacation Camp – GUP School Attenganam- 17 Beneficiaries.

GAD MANGALPADY

- International Yoga Day Celebration @Mangalpady Panchayath Hall- 26 Members
- International Yoga Day Celebration @ Ichlangod- 15 Participants.
- Conducted Summer Camp Sivasakthi Club
- Conducted Yoga Awareness Class For Kudumbasree And Anganwadi

GHD UDUMA

- Summer Camp Adult- Community Hall Udma- 62 Participants(23/05/2024- 30/05/2024)
- Summer Camp Children- Udma Padinjar Pradeshika Samithi Hall,- 33 Students- (18/05/2024- 30-05-2024)
- Yoga Day –GHSS Udma- 108 Students

GHD MANJESHWAR

- International Yoga Day Celebration at SAT School- 53 Students.
- International Yoga Day Celebration at Govt LPS Vamanchoor, Hosanagudi- 37 Students.

GAD IRIYANNI

- Yoga Club Formation-20 Beneficiaries
- Orientation Programme at Grama Sabha-45 Beneficiaries
- Orientation Programme at Ward Basis -135
- Two Medical Camps-180 Beneficiaries
- Camp for Children-23 Beneficiaries

GHD KINAVOOR

- Conducted International Yoga Day Celebration in GHSS Chayoth School.
- Yoga Awareness Class at Nellyadukkam Gramasree Kudumbasree
- Punarnnava Kudumbasree
- Yoga Day Celebration And Awareness Class At Kinavoor Library
- Yoga Awareness at Koovati
- Yoga Awareness at Kinavoor padashekham

GAD PARAPPA

Major Activities:

- On June 21 St /2024 We Inaugurated Yoga Club at Parappa Health and Wellness Centre (7 th Ward) and On Same Day Arranged an Awareness Class on Block Panchayath Parappa and 9 Days Yoga Class Held At Block Panchayath Hall. As Per The Order From DPM We Created Yoga Clubs And Awareness Class on Different Ward (Ward 6, 7, 8, 9).
- At Moolapara Anganwadi, We did a Class for Mothers about “Dinacharya “.
- An Awareness Class for SPC Students. 94 Students attended the Class.

GHD CHITTARIKKAL

- Yoga Awareness Programme (Kannivayal Chaitanya Kudumbasree)- No Of Beneficiaries 18
- Yoga Awareness Programme (9 th Ward Anganvadi Workers)- No Of Beneficiaries 28
- Yoga IEC Programme (Kadumeni Navajyothi Kudumbashree)-22
- Yoga IEC Programme (Church hall Chittarikkal)- No Of Beneficiaries 12
- Yoga Day Class (10 Th Ward) - No Of Beneficiaries 24
- Medical Camp (Chittarikkal Panchayat Hall)- No of Beneficiaries 60

GAD BADIADKA

Major Activities-

1. Seven Day Yoga Camp for Students of SABMP School, Vidyagiri from 13.6.2023 to 22.6.2023. (Number Of Students Participated -80)
2. As Part of International Yoga Day Celebration Conducted Yoga Awareness and Practical Session for Students of Navjeevan Higher Secondary School, Perdala (Number Of Students Participated Including SPC, NCC, Red Cross, Scout And Guides- 330) And SABMP School, Vidyagiri. (Number Of Students Participated-160)

GHD PALLIKKARA

- Yoga Day Celebration-Yoga Club Inauguration-21.06.2023
- Yoga Awareness Class at Puthyakadapuram Anganwadi
- SHE CAMPAIGN At Pallikkara Bank Auditorium-04.11.2023
- Medical Camp at Snehasanthwanam Charitable Trust-Alakkode
- Yoga IEC for Anganwadi Teachers at Pallikara
- Yoga IEC for Senior Citizen at Redmoon Beach Pallikkara
- Yoga online awareness session for residents of Pallikkara panchayath
- Free Yoga Training For Ladies of Ward No. 21 Pallikkara Panchayath

GUD MOGRAL

- Awareness Class at Public Health Centre Arikady
- International Yoga Day Class
- Awareness Class for Students at GVHSS Mogral
- Medical Camp at Chengala (I Max Auditorium)
- Medical Camp at Alamapippally (Ism Department)

GAD PADANNA

- Community Yoga and Awareness Class Regarding Yoga Vadakkepuram 20
- Awareness Class Regarding Yoga and Anaemia Udinur Thekkupuram Anganwadi 16
- Awareness Class-Yoga in Daily Life Payyalam Anganwadi 22
- Importance of Yoga in Present Scenario. Porott Anganwadi 18
- Awareness Regarding Yoga Therapy Thekkupuram Mini Anganwadi 32
- Yoga in Day To Day Life Tadiyankovval Anganwadi 18
- Importance of Yoga Machikkad Anganwadi 16
- Awareness Class Regarding Yoga Vadakkepuram Anganwadi 23
- Community Class And Yoga For Kudambasree Members,Kinathil 10
- Community Yoga Family Health Centre Padanna(Ward5&Amp;6) 28
- Community Yoga 3and 4 Ward Padanna At Fhc 19
- Medical Camp And Awareness Class About Yoga Kairali Grandalayam,Tadiyankovval 75
- Community Yoga Padanna Porott 23
- Medical Camp And Awareness Class about Yoga Padanna Porott- 50
- Medical Camp Thekkupuram Anganwadi -54
- Community Yoga 15 Th Ward -23
- Medical Camp And Awareness Class Udinur Central 80
- Community Yoga And Awareness Class Udinur Central Aup School 38
- Quiz Competition Regarding Ayurveda Udinur Hss 50
- Awareness Class Regarding Yoga and Ayurveda Kokkakadavu Anganwadi -35
- Community Yoga Kanthilot -16
- Community Yoga Kinathil Vayanasala -24
- Medical Camp and Awarenessclass Regarding Yoga Pottachal Vayanasala -50
- Community Yoga Pottachal -22

GHD MEENJA

- Ayurveda Day with Arogya Mela (50 Members)
- Republic Day at Durjipalla (20 Members)
- Independence Day at Meenja (50 Numbers)
- Yoga Day with Yoga Dance Performance
- Yoga Demonstration Awareness Class (150 Members)
- NSS Camp With Vidya Vakala School Students
- One Week Camp with Yoga Class, Awareness Class 50 Students And 10 Teachers Participated

GAD CHERUVATHUR

1. Health awareness class and yoga class for kids
2. 'Nellikka' vacation camp- Kovval A U P School
3. 'Yoga and health ' awareness class - GAD Cheruvathur
4. 'Yoga for Kids' awareness class and yoga class - G F V H S S Cheruvathur
5. 'Health through Yoga' awareness class - G F V H S S Cheruvathur
6. Yoga Day celebration and poster making competition - G F V H S S Cheruvathur
7. Yoga Club inauguration and health awareness class
8. Yoga Club inauguration, breast feeding week celebration
9. 'Yoga for kids ' awareness class - G W U P S Cheruvathur
10. Ayurveda Day celebration, health awareness class - people's centre and library erinjikheel
11. Ayurveda Day celebration, health awareness class - GAD Cheruvathur
12. Health awareness class and Medical Camp- Brothers Kannamkulam
13. Diabetes Day- Health awareness class - GAD Cheruvathu
14. Prevention of Anemia and control of worm infestation - awareness class - GAD Cheruvathur

GAD HARIPURAM

1. 21june2023- International Yoga Day Celebration @GUPS Pullur - Beneficiaries
2. 22 June 2024- AYUSH Yoga Club Formation and Yoga Class Inauguration @Sayamprabha Chalingal
3. 24/6/2024-Wellness Yoga Session Started @ Cyclone Shelter Pullur
4. 09/08/2023- Medical Camp and Awareness Class @Guruji Mandiram, Madhurampady
5. 26/09/23- 2 Nd AYUSH Yoga Club Inauguration @Cyclone Shelter Pullur
6. 02/6/2024- Medical Camp and Awareness Class@ Jawahar Club Chalingal

➤ **GAD MULLERIA**

- Awareness class about yoga-Adukkam 9/1/2024
- AUTISM centre at GVHSS MULLERIA - YOGA TRAINING for differently abled students
- YOGA awareness class at Ganesh Mandir

GAD KANNAMVAYAL

1. Yoga Club Inauguration on 21/06/2023
2. Yoga Class Inauguration on 12/06/2023
3. Awareness Class for Students at GHSS Pakkam on 13/09/2023
4. Awareness Class about Yoga-23/01/2024 at NSS Karayogam Kannamvaya
5. Yoga Class at Sangha Chetana Club Kannamvayal on 13/02/2024
6. Class Started at NSS Hall Pakkam 13/02/2024
7. Class Started at Mariya Bhavan Cherkkappara on 25/03/2024
8. Medical Camp at Thokkanam Motta E K Nayanar Club On 12/09/2023
9. Medical Camp at Davood Mohalla Club, Pallikkara on 21/09/2023
10. Awareness Club at Vayojana Vishrama Kendram Kottakkani on 09/05/2024

GAD AMBALUTHUKARA

1. Yoga Day Celebration 2023 Conduct Yoga Quiz Competition At G.V.H.S.S Ambalathara
2. Yoga Class at Thanal Snehavedu Ambalathara (School for Differently Abled Students)
3. Awareness Class at Snehavedu (Parents of Differently Abled Students)
4. 7 days' Vacation Yoga Class for Children

GHD CHEEMENI

1. International Yoga Day and Awareness Class (Conducted By Ayushman
2. Bhava And Kerala Govt Model Homoeo Dispensary Cheemeni)
3. Summer Yoga Coaching Camp Under Homoeo Dispensary Cheemeni
4. Medical Camp (Homoeo Dispensary)

GAD KAMBALLUR

1. International Yoga Day and Awareness Class (Conducted by Ghss Kamballur & Dispensary)
2. Summer Yoga Coaching Camp under Govt Ayurveda Dispensary Kamballur.
3. Onam Celebration Conducted By Crc Kamballur
4. Yoga Dance Was Organized In Kamballur School Auditorium With The 70th Anniversary.

GAD KUMBALA

1. Yoga Day Celebration at Gblp School Arikady, General- Yoga Class and Awareness Class.
2. Yoga Day Celebration at Gad, Kumbla- Yoga Dance and Awareness Class.
3. Awareness Class on Healthy Diet and Yoga Practices at Asbs, Ichilampady, Kalathoor On 23/11/2023.
4. Awareness Class Regarding Importance of Yoga in Preventing Communicable Diseases at Sreerama Bhajana Mandiram, Ambiladka
5. Participated In International Ayurveda Day Celebration

GAD CHEMMANAD

1. Yoga Awareness Class
2. Medical Camp
3. Viva Arunima Class

GAD KATTIPOIL

1. International Yoga Day and Awareness Class
2. Summer Yoga Coaching Camp under Gad Kattipoil Kaliyanam Akg Club
3. Medical Camp (Gad Kattipoil Yoga)

GAH KASARAGOD- AYUSH WELLNESS

- 1) Naturopathy Day Celebration and Awareness Class at GAH Kasaragod
- 2) Yoga Awareness Class for Asha Worker 4 Classes at NHM Office Kanhangad
- 3) Class for Yoga Trainer S in Kasaragod and Kannur
- 4) Awareness Class for Kid in Summer Camp at Kanhangad
- 5) Awareness Class for Ladies at Dr Roshitha's Women's Clinic Kasaragod
- 6) Awareness Class of Yoga Participants at Collectorate

GAH CHEEMENI- AYUSH WELLNESS CENTRE

1. International Yoga Day Celebration
2. Republic Day Celebration at Govt ITI Kayyur- Medical Camp

AYUSH GRAM - GAD UDMA

1. On 8th March 2024 We Have Conducted Women's Day Porgraame at Vaishnavi Auditorium Erol Udma. All Of Our Women's Members Participated in the Programme. It Was Inaugurated by Smt P Lakshi, President Udma Grama Panchayath President In The Presence Of Smt. Nafeesa Paakyara And Other Dignitaries Were Also Part Of The Ceremony.
2. We Also Conducted Medical Camps at Ambika College
3. As A Part of Pinarayi Govt's Second Anniversary 'Ente Keralam' We Have Conducted Yoga Dance On 7th May 2023 at Alamipally Kanhangad. It Was Appreciated Widely and We Got a Special Compliment from Public Relations Department Kasaragod
4. Conducted Yoga Day Celebrations On 21st June 2023 at Mini Civil Station Kanhangad.

List of HWCs in Kasargod District

Sl.No	Name Of Yoga Instructor	Name Of Ahwc
1	Lenin Ashok	GHD Erikulam
2	Sunitha Kumari.V	GHD Pilicode
3	Divya.C.K	GHD Kinavoor
4	Ambili Kv	GHD Pallikkara
5	Akhil Lal K V	GHD Chittarikkal
6	Nibula.B	GHD Nayanmarmoola
7	Deepa A K	GHD Bandadka
8	Deeva P	GHD Cheemeni
9	Pramod V	GHD Udma
10	Veena K	GHD Manjeswaram
11	Divya P V	GHD Meencha
12	Sarath Das P	GHD Belur
13	Sreedevi M	GHD Delampady
14	Dr.Deepa A	GHD Ajanur
15	Rahul V N	Gud Mogral
16	Rajeswari E	Gad Parappa
17	Sukanya S	Gad Ambalathukara
18	Jyothika P M	Gad Mudiyaikal
19	Akhila C K	Gad Valiyaparamba
20	Jelitta Ann Sebastian	Gad Maloth
21	Haritha Rani V M	Gad Cheruvathur
22	Ayshath Naziya C I	Gad Chemanad
23	Pranavya K	Gad Padanna
24	Adithya K	Gad Badiyaduka
25	Ajitha K V	Gad Pilicode
26	Geetha U	Gad Kumbala

27	Sruthi Y	Gad Haripuram
28	Preetha U	Gad Kambaloor
29	Ashokraj B	Gad Kattipoil
30	Krishnakumar Nambiar M K	Gad Mulleria
31	Vinayakumari C	Gad Iriyani
32	Swapna K C	Gad Mangalpady
33	Anjana P	Gad Kannamvayal
34	Shailaja Kp	Gad Udma, AYUSH Gram
35	Dr. Prathibha	Gah Kasaragod
36	Neena. K	Gah Cheemeni



KOZHIKODE District: Yoga Wellness Centres Report on Yoga Clubs (2023-2024)**Yoga Clubs in Kozhikode District**

Name of Institution	No of Beneficiaries	
	Male	Female
GAD Onchiyam	0	30
GAD Keezhariyur	0	160
GAD Omaserri	0	225
GAD Maruthonkara	8	120
GHD Cheruvannur	124	91
GAD Mavoor	0	124
GHD Edacheri	0	547
GHD Koodaranhi	0	182
GAD Kattippara	142	121
GAD Cheruvannur Nallalam	0	41
GAD Chembanoda	0	420
GAD Nanminda	0	207
GHD Changaramvelli	0	155
GAD Kuruvattur	42	141
GHD Kakkavayal	0	1832
GHD Nellipoyil	0	261
GHD Nanminda	120	700
GHD Atholi	0	870
GAD Vellannur	46	171
GAD Kadalundi	0	811
GAD Eramala	6	14
GAD Ulliyeri	2	199
GAD Chengottukavu	0	672
GAD Edacheri	205	441
GHD Kakkodi	0	335
GAD Chemmarathur	0	625
GAD Chelannur	48	216
GAD Azhiyur	42	277
GHD Kattippara	0	192

Women's Yoga Clubs in Kozhikode District

Name of Institution	No of Beneficiaries
GHD Nanminda	420
GAD Edachery	215
GAD Chelannur	40
GAD Nanminda	60
GAD Maruthonkara	192
GHD Atholi	375

List of HWCs in Kozhikode District

SL.No	Name of Yoga instructor	Name of AHWC
1	Dr. Anjana. P	GAD Onchiyam
2	Dr Sithara. C.H	GAD Keezhariyur
3	Sivareshmi K A	GAD Omaserri
4	Dr. Amrutha N	GAD Maruthonkara
5	Dr Mouna	GHD Cheruvannur

6	Dr. Aryajyothi. K	GAD Mavoor
7	Dr. Surya Premkumar	GHD Edacheri
8	Dr Krishnendhu	GHD Koodaranhi
9	Dr. Jayasree RB	GAD Kattippara
10	Dr Akhila V M	GAD Cheruvannur Nallalam
11	Sajila.T	GAD Chembanoda
12	Dr Anoop T	GAD Nanminda
13	Chaithanya A	GHD Changaramvelli
14	Dr Vandana V	GAD Kuruvattur
15	Teena Raveendran	GHD Kakkavayal
16	Dr Asha Joseph	GHD Nellipoyil
17	Saranya A.M	GHD Nanminda
18	Bhavyalakshmi M	GHD Atholi
19	Kishor Kumar.KC	GAD Vellannur
20	Dr. Anusree M R	GAD Kadalundi
21	Anjali. V S	GAD Eramala
22	Dr.Sheena MA	GAD Ulliyeri
23	Abhijith P	GAD Chengottukavu
24	Dr Geethu G	GAD Edacheri
25	Dr. Aswathi. P	GHD Kakkodi
26	Nisha k k	GAD Chemmarathur
27	Akhila v	GAD Chelannur
28	Sarika K	GAD Azhiyur
29	Dr. Ansiya Hassan	GHD Kattippara
30	Dr. Anusha V R	GHD Vattachira
31	Subhashini	GHD Kavilumpara
32	Dr Divyasree N S	GHD Kokkallur
33	Dr. Shareefa. K. K	GHD Parumanna
34	Sudheesh	GHD Namrathukara
35	Dr Aswathi VK	GAD Karassery
36	Dr. Aswathy R	GAD Atholy
37	Dr Anjali S R	GHD Thuner
38	Dr Smera	GHD Kottur



Conclusion

The establishment of Yoga Clubs under the National AYUSH Mission (NAM) marks a significant step towards promoting holistic well-being and combating the challenges posed by modern lifestyles, especially in the digital era. These clubs serve as vital community spaces where individuals can explore the transformative power of yoga, integrating physical, mental, and spiritual practices to enhance their overall quality of life.

The concept of a Yoga Club is deeply rooted in India's ancient traditions, particularly in Kerala, known for its rich heritage in Ayurveda and yoga. By bringing together local self-government institutions, healthcare professionals, yoga instructors, and community members, these clubs create a supportive environment for individuals of all ages and backgrounds to embark on a journey of self-discovery and wellness.

The purpose of the Yoga Club extends beyond physical fitness; it encompasses mental clarity, emotional resilience, and social connection. Through regular yoga sessions, mindfulness practices, and educational workshops, members can address the physical toll of sedentary habits, alleviate stress and anxiety, and foster a sense of belonging and community spirit. The implementation guidelines outlined for the Yoga Clubs provide a structured framework for their establishment and operation. Collaboration with various stakeholders, including AIIMS, yoga associations, and NGOs, ensures a comprehensive approach to promoting yoga's benefits and reaching diverse populations across urban and rural areas.