



PROJECT REPORT

APD Foundation Celebrates Yoga with Mangaluru City Paurakarmikas

in Mangaluru, Karnataka

June 21 2016



Anti-Pollution Drive (APD) Foundation



ABOUT THE PROJECT

APD Foundation celebrated International Yoga Day on June 21st with Paurakarmikas (civic workers) of Mangalore City Corporation. Yoga Day was observed with a one hour yoga live demonstration and participatory programme from 7:00 a.m. at Padua High School, Mangalore.

The programme was organized by APD in association with Antony Waste Handling Cell Pvt. Ltd., and Yoga Kuteera, Mangalore.

The Yoga session was conducted by Sri Radhakrishna Shetty, a renowned Yoga guru belonging to Yoga Kuteera, Kadri, Mangalore. **BJP MLC Capt. Ganesh Karnik, Mangaluru Mayor Sri Harinath Jogi,** and officials of Antony Waste Handling Cell Pvt. Ltd., also participated in the programme.

The event evoked excellent response with as many as 300 Paurakarmikas enthusiastically performing yoga under the directions of the yoga exponent. Sri Radhakrishna Shetty demonstrated some basic easy-to-learn yoga exercises which can be practiced daily by the participants. Laughter therapy session was a highlight of the programme which the participants enjoyed very much.

Objective

“The objective of this programme was to educate our Paurakarmikas to safeguard their health and well-being with simple yoga techniques. Paurakarmikas are the people who keep our city clean and expose themselves to hazardous conditions, toxic materials and pollutants. It is for the city to reciprocate their services by ensuring their welfare,





ABOUT THE ORGANISATION

Name of the legal entity: Anti-Pollution Drive (APD) Foundation

Website: <http://www.antipollution.org/>

Date of formation: 2nd October (2014), registered officially on the 2nd October, 2015

Mission: To work towards mitigating air pollution and improvise public, environment and economic health in India

Vision: A clean and healthy environment

Organisation structure:

APD Foundation has four core teams. These are specified below:

- Public Health Team
- Awareness Team
- Legal Team
- Solutions and Strategy Team

Contact Details:

Name of the person heading the organisation: Abdullah A Rehman

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