

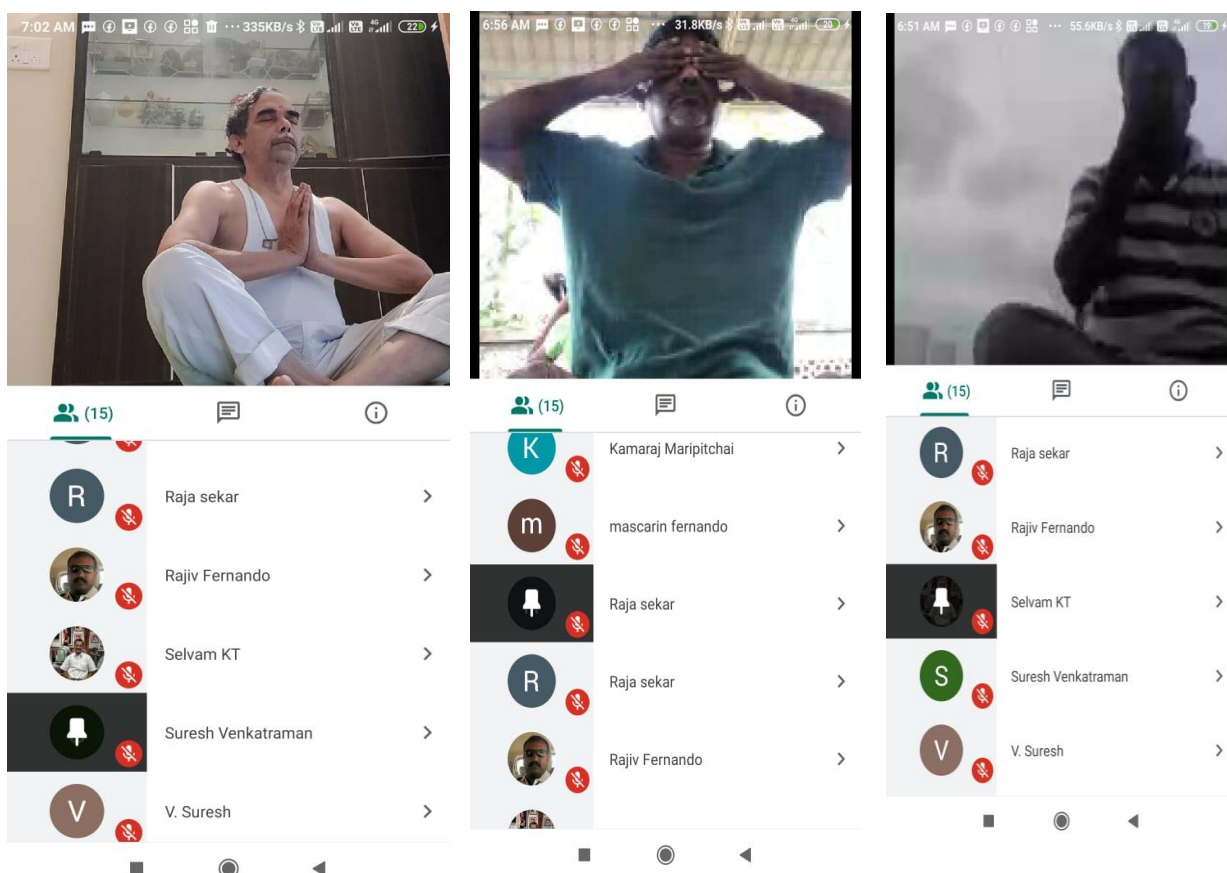


## Green Health

By  
Vivekananda Kendra - Nardep



Green Rameswaram took part in the project – **“Developing a Community Yoga Protocol for Elderly to Promote Innate Immunity”**. The project is executed by Vivekananda Kendra – Nardep, Kanyakumari and supported by DST – Kiran Division, Govt. of India, New Delhi. May 20, 2021 we have started our programme for the 18 Elderly people who are attending online classes regularly.



The project has 3 categories of elders’ namely (i) independent (ii) dependent and (iii) despondent. Separate protocols have been framed for each group. The programme is for two and half month’s duration.

Testing at the beginning, (1<sup>st</sup> June) in the middle (1<sup>st</sup> July) and at the end of the programme (31<sup>st</sup> July) will be carried out to know the improvement in the elders in the areas such as (i) mobility (ii) flexibility (iii) balance and (iv) innate immunity.

