

# SEWA PROJECT

SOCIAL EMPOWERMENT

ACTIVITIES

\*Research on military  
training, bicycling, dancing, camping, yog

a

As a part of SEWA project,we  
the students of class 11 D  
have chosen the topic  
RESEARCH on military  
training,bicycling,dancing,ca  
mping,yoga.Among it we  
divided each topic for an  
individual accordingly to  
their interest and are proud  
to present our work.

\*Anagha R R-Military training

\*Gagan krishnan-Bicycling

\*Riya balakrishnan-Dancing

\*Thapanya k Ajith-camping

\*Thumbolarcha Har

Har

# MILITARY TRAINING

BY ANAGHA.R.R, Roll No:1

Military education and training is a process which intends to establish and improve the capabilities of military personnel in their respective roles. Military training may be voluntary or compulsory duty depending on what country you live in.



# ***RECRUIT TRAINING***

- The primary and initial form of military training, recruit training, makes use of various conditioning techniques to resocialize trainees into a military system, to ensure that they will obey all orders without



## *Role-specific training*

- After their recruit training, personnel may undergo further training specific to their military role, including the use of any specialist equipment. They are then normally deemed fit for military service.



*her training*

# *A few of the many type of cources taught in Military*

- Tactics.
- Map Reading.
- Radio Telephony.
- Organization and Administration.
- Integrated Character and Leadership Training.
- Field Engineering.
- Military Writing



# Bicycling

By Gagan Krishnan , Roll no:2

- Bicycles was introduced in the 19th century and now number approximately one billion world wide . They are the principal means of transportation in many parts of the world, especially in densely populated European

cities  
average  
buy b  
is wid  
mode  
moderate distances



e below  
es can  
ycling  
efficient  
ort to

# ***ADVANTAGES OF CYCLING:***

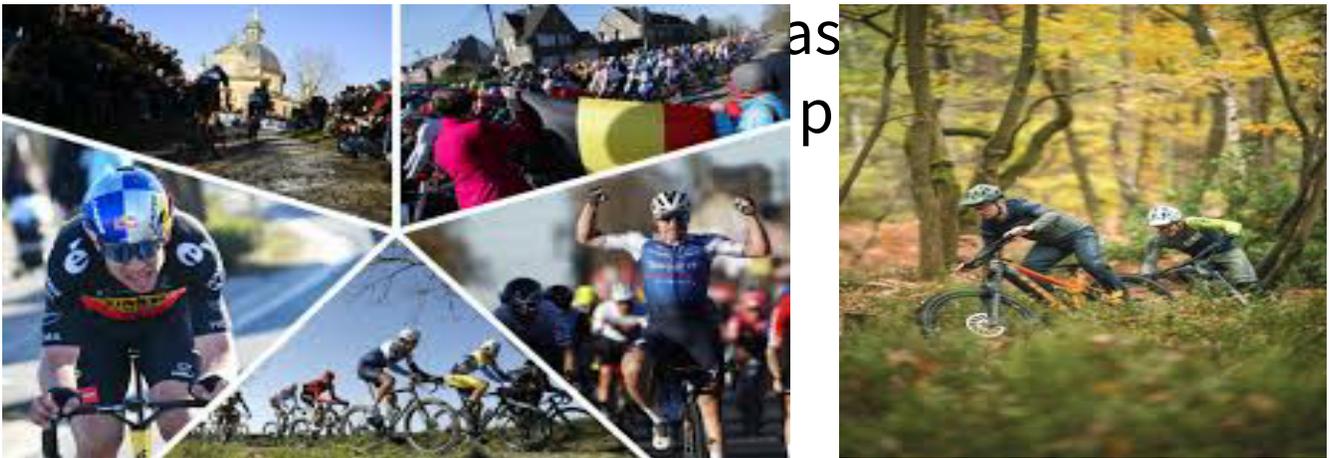
- Bicycles provide numerous possible benefits in comparison with motor vehicles, including the sustained physical exercise involved in cycling, easier parking, increased maneuverability, and access to roads, bike paths and rural trails. Cycling also offers a



for users as well as for society at large

# *Conclusion:*

- Most importantly, bicycles are great for our health. There are numerous benefits which cycling offers to ensure a healthy life. It is not only a great alternative to gym workouts but



# Various types of dances

*By Riya Balakrishnan ,Roll no:3*

- Dance is an ancient and celebrated cultural tradition in India. Folk dances abound all across the country, and huge crowds of people can be found dancing at festivals and



# *Bharathanatiya* *m*

Bharathanatiyam is a major form of Indian classical dance that originated in Tamil Nadu. The dance form is briefly mentioned as "Bharata Natya" in Kannada text Manasollasa written by Someshwara . It has flourished in the temples and courts of southern India since ancient times. It is one of the eight widely recognized Indian classical dance forms, and expresses South Indian religious themes and spiritual ideas, particularly of Shaivism, Vaishnavism, and Shaktism, collectively Hinduism



Mohiniyattam is an Indian classical dance form that developed and remained popular in the state of Kerala. Kathakali is another classical dance form of Kerala. Mohiniyattam dance gets its name from the word Mohini – a historical enchantress avatar of the Hindu God Vishnu, who helps the good prevail over evil by developing her feminine powers.



# *Kuchipudi*

Kuchipudi is indigenous to the state of Andhra Pradesh and differs from the other five classical styles by the inclusion of singing. Kuchipudi originated in the 17th century with the creation by Sidhyendra Yogi of the dance-drama Bhama Kalapam, a story of sathyabama, the charming but jealous wife of the god Krishna.



# CAMPING

*By Thapanya.K.Ajith, Roll no:4*



Camping is an outdoor activity involving overnight stays away from home, either without shelter or using basic shelter such as a tent or a recreational vehicle. Typically participants leave developed areas to spend time outdoors in more natural ones in pursuit of activities providing them enjoyment or an educational experience. The night (or more) spent outdoors distinguishes camping from day-tripping, picnicking, and other similarly short-term recreational activities.

# *Traditional Camping*



- Hiking, fishing, canoeing, boating, pioneering, climbing, swimming, woodcraft, outdoor cooking, nature study, outdoor games, adventure activities, and more are the core of

. . . . .

# *Winter camping*



• Winter camping is camping which takes place in winter weather; most people are talking specifically about snow camping when they mention winter camping,

# ***Benefits of Camping***

- Simply put, camping is good for you, both in body and mind. Benefits include relationship building, opportunities to learn and develop new skills, unplugging and getting away from



# Yoga

*By Thumbolarcha Hari ,Roll no:5*



The ultimate goal of Yoga is a sustained state of pure awareness called Moksha or Samadhi . Yoga is the transcendence of the mind to realize the “true self” or “highest self.” This experience of pure consciousness is our true nature

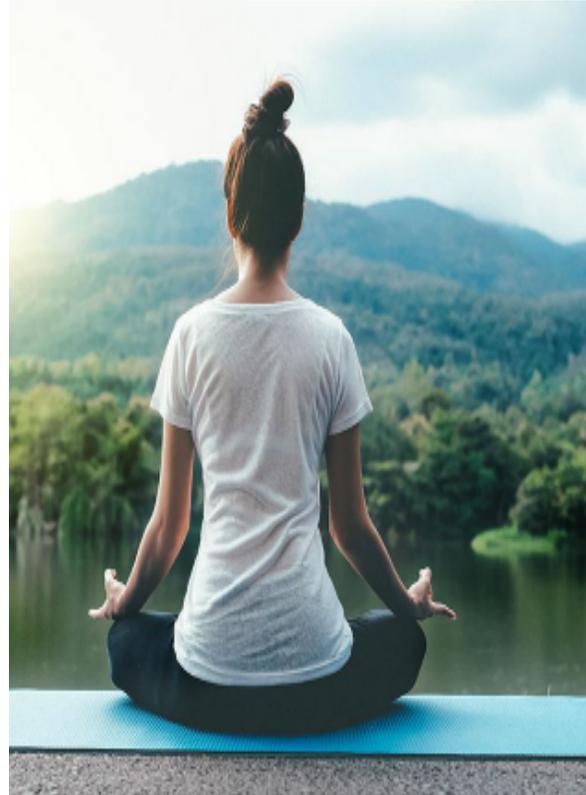
The main philosophy of yoga is simple: mind, body, and spirit are all one and cannot be clearly separated. Yet, there is a multitude of philosophical ideas that are helpful to explore the deeper dimensions of



samsara (cycle of rebirth). The removal of our

# *Benefits of yoga*

Yoga offers physical and mental health benefits for people of all ages. And, if you're going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral



## *3 benefits of yoga*

1. Yoga improves strength, balance and flexibility.

- Slow movements and deep breathing increase blood flow and warm up muscles while holding a pose can build strength.



- 2. Yoga helps with back pain relief.

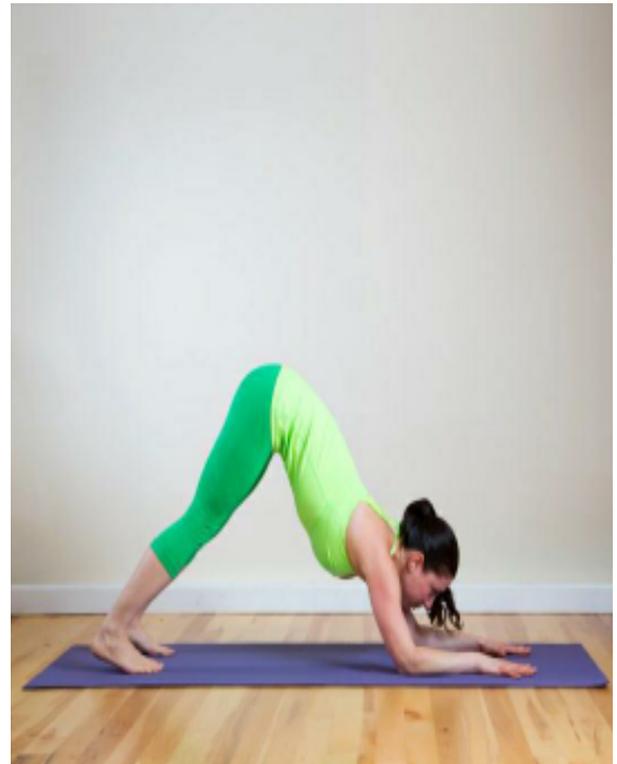
Yoga is as good as basic stretching for easing pain

and improving mobility in people with lower back pain.

The American College of Physicians recommends



- 3. Yoga can ease arthritis symptoms.
- Gentle yoga has been shown to ease some of the discomfort of tender, swollen joints for people with arthritis, according to a Johns



**THANK  
YOU**