

35% corporate employees prefer yoga over other fitness practices: Assocham survey

BENGALURU, DHNS: Around 35% of fitness enthusiasts working in India's corporate sector prefer joining yoga classes rather than going to gym, a recent Assocham survey has revealed.

The study rated yoga more than fitness trends like strength and body weight training, aquatic therapy, kickboxing, pilates, zumba and other dance workouts.

It showed a majority of respondents preferred the ancient practice since it produced positive outcomes like improved social-emotional skills.

Gym and body weight training was the most preferred fitness trend for 30% of the total respondents, followed by zumba and other dance workouts (20 per cent), aquatic therapy (10 per cent), kickboxing and others (5 per cent). Most men prefer going to gym while women prefer dance workouts to stay in shape and keep oneself fit.

The survey was based on interactions with about 1,000 employees between 25-35 years working in 100 small, mid-sized and large organizations. It covered sectors like aviation, automobile, BPO (business process outsourcing), FMCG, retail, IT, telecom, oil and gas, pharma, banking, finance, services, insurance, travel, hospitality, infrastructure and others.

"Yoga teaches universal values that are often referred to as life skills, it helps enhance social and self-awareness, self-management, relationship skills, and leads to responsible decision-making," said D S Rawat, secretary general of ASSOCHAM while releasing the findings of the chamber's survey.

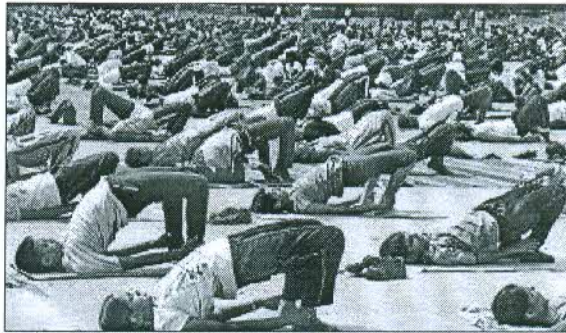
The survey covered Ahmedabad, Bengaluru, Chennai, Delhi, Gurugram, Hyderabad, Indore, Kolkata, Lucknow and Mumbai.

Among the total respondents, 600 of them said they are

concerned about their health and follow some fitness practice. Majority, however, preferred yoga.

Regular practice of yoga,

respondents said, gave them mental strength to face various challenges, besides giving them good health and improved immunity.



NCC cadets practise yoga at the Manekshaw Parade Ground on Wednesday. DH PHOTO/S K DINESH

Bengalurean at UN yoga event

BENGALURU, DHNS: Dr H R Nagendra, Chancellor, Swami Vivekananda Yoga Anusandhana Samsthana (S-Vyasa), will be one of the panellists at the high-level panel discussion

on 'Yoga for Peace' on the 4th International Day of Yoga at the United Nations. He will address about 1,500 delegates during the discussion to be held in New York on Thursday.

Parking curbs for yoga event today

BENGALURU, DHNS: Parking restrictions will be in force for the fourth International Yoga Day to be held at the Sree Kanteerava Outdoor Stadium from 6 am and 8.30 am on Thursday.

Parking will be banned on Kasturba Road, from Hudson Circle to Siddalingaiah Circle; Vittal Mallya Road, Mallya Hospital Road and RRMR Road. Parking will be provided for VIP and VVIP vehicles at the Kanteerava Outdoor Stadium and around the Kanteerava Indoor Stadium (entry from Kasturba Road).

Parking for cars and two-wheelers will be provided at the St Joseph's Indian High School Ground (entry from Gate No 1 and 2 on Mallya Hospital Road).