

AMMA GYM

Details about the schemes and activity:

The Tamilnadu Government has announced this scheme during the year of 2016-17 in rural areas. The estimate cost of the gym is 10 lakhs. The amma gym will be setup inside / nearby amma park.

1. Discription about the scheme :

- To ensure good health of the rural youth
- The advantage of amma gym is;
- To helps the rural youth to do physical exercise and keep their body fit
- To increases health of rural mass and improve standard of living.
- To encourage the mental strength of the youths

2. Eligibility condition (who can avail the benefit/service)

All the inhabitance of the rural area youth can be use the gym.

3. Procedure to obtain the benefit / service

All the youth of the rural areas can be used the amma gym the following equipments have to be setup in the amma gym.

1. Leg press
2. Air walker / leg and thigh exercise
3. Shoulder builder
4. Hip twister
5. Double spin
6. Exercise cycle
7. Multi gym
8. Weight lifting rod with plates
9. Dumbell with stand
10. Twister (standing and sitting)
11. Six station multi gym
12. Orbitrek trainer
13. Abdominal conditioner
14. Butter fly

Contact Person at Block and District:

Name / Designation	Contact Number	eMail Id	Address
<u>District Level Officers</u>			
Project Director	04324- 257141	drdakar@nic.in	DRDA, Karur
Assistant Project Officer (Housing & Sanitation)	04324- 257141	drdakar@nic.in	DRDA, Karur
<u>Block Level Officers</u>			
Block Development Officer(B.Pt)	04324 - 220548	bdokar.tnkar@nic.in	Karur
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Block Development Officer(B.Pt)	04320 - 230028	bdoara.tnkar@nic.in	Aravakurichi
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