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URJA

FOR SCHOOLS



Dynamic teachers energize students and foster resilient communities. Experience the transformative power of URJA, a holistic program designed to elevate the energy and develop the capability and effectiveness of teachers. By rejuvenating their mind-body connection, teachers can enhance their effectiveness, positively impacting student behavior, performance, and, ultimately, the lives of families and communities.



THE CHALLENGES TEACHERS FACE:

- Low energy & stress
- High workload and classroom management
- Outdated systems & practices
- Limited resources and high expectations

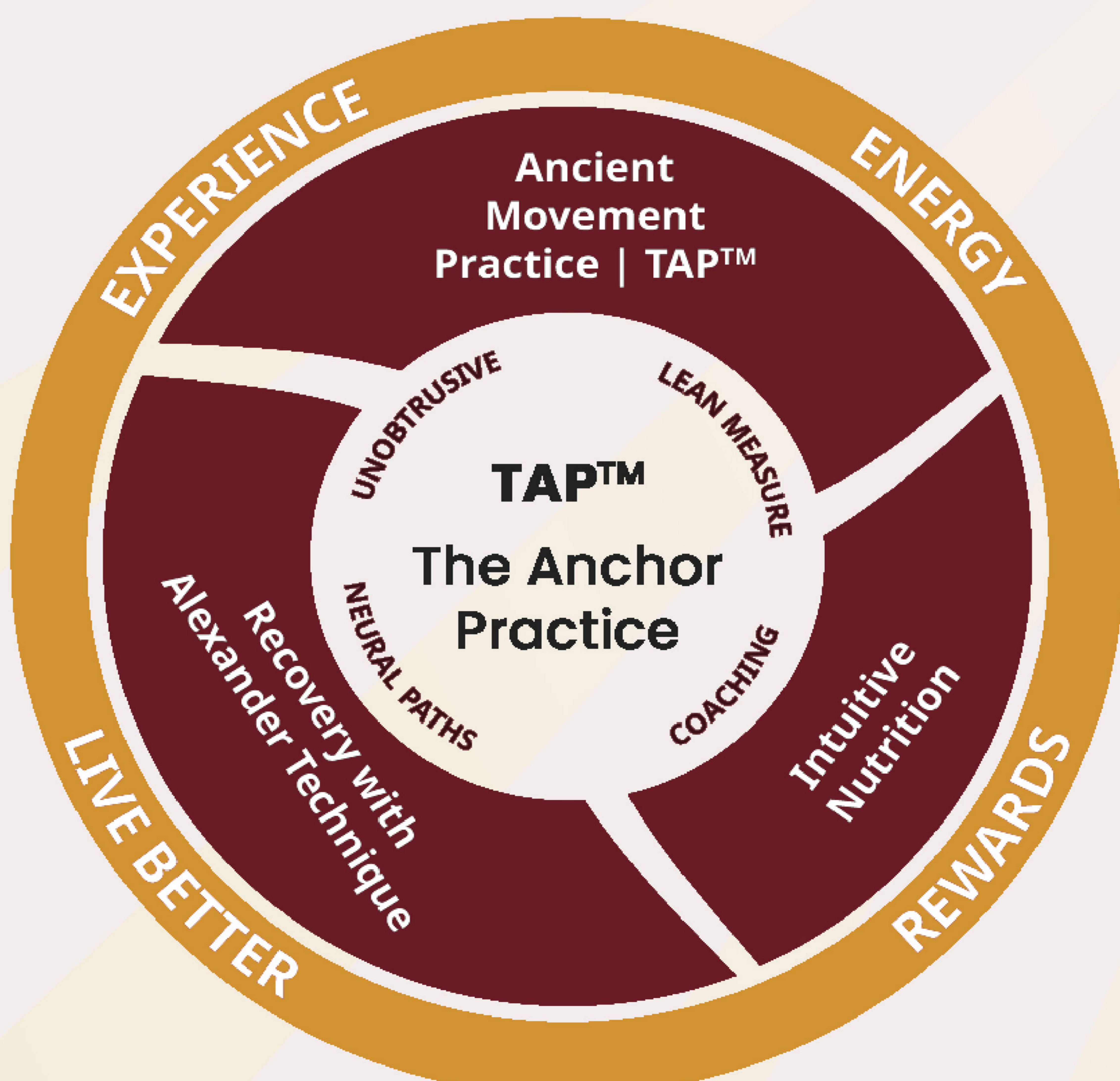
INTRODUCING THE URJA PROGRAM

- Mind-Body calm energy experience program
- Authentic and science-backed, Simple & Fun
- Timeless rhythmic practice blending music
- Artfully designed program for internal change



TAP THE ANCHOR PRACTICE

URJA blends ancient practices with modern science and neuropsychology-based lifestyle coaching to transform the mind and body.



URJA FOR STUDENTS

- Mind-Body Energy Program Conducted at Schools
- 45-Mins at School Physical Training
- For Students Between 6-17 Years of Age
- 15-Mins Daily Practice within the School Curriculum Guided by a Certified UFT

URJA FOR TEACHERS

- 3 Hours Off-Site Physical Training
- 12 X 1-Hour Monthly Zoom Calls
- Theory & Self-Study Material Delivery
- UFT Foundational Certificate
- URJA Affiliate School Social Tag

URJA FOR PTIs

- 9 Hours Off-Site Physical Training
- 20 X 1-Hour Monthly Zoom Calls
- Mandatory UF Index™ Assessment
- Theory & Self-Study Material Delivery
- Certification via Written + Practical Assessments
- UFT-PTI Foundational Certificate
- URJA Affiliate School Social Tag

Monitoring self-practice over a WhatsApp community via mandatory upload of practice videos & photos of sessions conducted in school.

Customised group pricing plans are available, with CSR-funded free access for eligible schools.

YOUR **STUDENTS** WOULD:

- Experience it first
- Improve behavior
- Enhance performance
- Be happy and energetic, bringing better futures to families and communities



YOUR **TEACHERS** WOULD:

- Learn TAP - The Lifestyle Rejuvenating Practice and teach the students
- Experience a consistently higher state of inner energy
- Learn authentic science-backed holistic lifestyle concepts
- Improve personal capability & effectiveness



ABOUT URBAN FITNESS

Founded in 2014, Urban Fitness is an equity-driven social impact-focused mind-body fitness lifestyle experience platform, energising communities. Ancient practices blending modern science delivering the new lifestyle experience. Developing capability & building culture.

OUR ASSOCIATIONS



CONTACT US

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