

YOGA SESSION

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress.

Meditation is Relaxation which gives calm mind, good concentration and rejuvenation of the body and mind. With this aim in mind, a workshop was organised on the 15th June, 2021, for the students of Class IV through a virtual platform. The physical instructor Ms. Pooja, took yoga session with great dedication.

All the students participated with full interest, enthusiasm and eagerness. The session began with warming up and stretching followed by a series of Padmasanas, Sukhasan, Tadasana, BhujangAsana and ending with Shavasana.

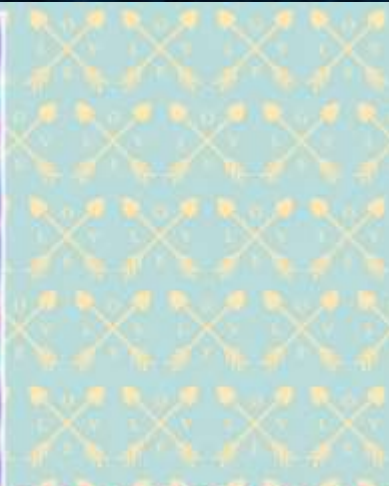
The students were motivated and were emphasized the importance of making yoga an integral part of our daily life. Yoga plays a significant role since it helps us to lead a better life with elevated physical, mental and spiritual health. It also helps in the regulation of hormones, increase flexibility and maintaining physical fitness. The session was very refreshing, reviving and relaxing.





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