



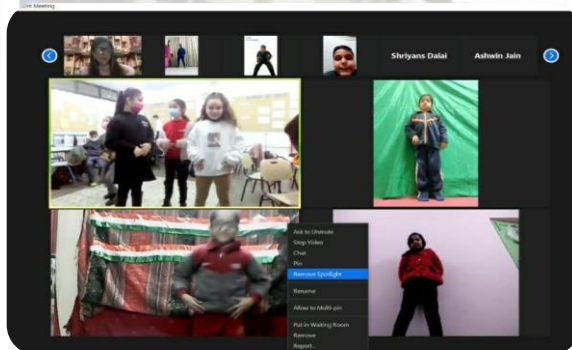
YOGA SESSION WITH ISRAEL

"Yoga is the gateway of happiness that everyone needs in daily life"

MAPS collaborated with Katsnelson Elementary School ,Israel on 14th January.The students of class 3 and 4 performed various asanas followed by Om chanting.

The theme of the session was " Yoga for the achievement of the Sustainable Development Goals ".The domain objective behind the session was to imbibe the values of practicing yoga for physical and mental harmony. The highlight of the programme was its perfect timing following the guidelines of Ministry of Ayush and Ministry of Education,75 lakh people were performing Surya Namaskara on the occasion of Makar Sankranti. Our students also performed Surya Namaskara along with our Israeli friends.Warm-up exercises, sitting and standing asanas were also performed by students of both countries .The innumerable benefits of practicing Yoga were explained to all the students. The boundless peace of doing the asanas was amply visible right from the faces of the students.

The Principal Ms.Alka Sahani addressed the students ,she said physical fitness should always be a priority for all and yoga is the best way to keep oneself physically and psychologically strong especially in the present challenging situations. A dance performance was presented by Katsnelson Elementary School students which marked the end of the session.The session was very refreshing, reviving and relaxing.



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