

DAY-6 ACTIVITY HEALTH MELA

Dated: 27.07.2018



“The nature of Yoga is to shine the light of awarness into the darkest corners of the body”



The school organized ‘HEALTH MELA’ in which class 2 students performed yoga. The activity was designed in two parts. On 19.07.2018 students were shown videos of Yoga on Digi Board, followed by a discussion about different Asanas and the importance of Yoga in our lives. After watching the videos students performed yoga Asanas specifically Trikona Aasana, Virabhadra Aasana, Vrikshasana and Padma asana. On 26th an audition of given asanas were taken and two students from each House was selected. Final round was on 27th July. It was a great learning experience for the students as well as for teachers also These asanas were taught to bring about holistic approach to health and well-being among the students.



Result:-

POSITION	NAME OF THE STUDENT	HOUSE NAME
1 st	Shreyansh	Liberty house
2 nd	Ishika Yoshika	Equality house Purity house
3	Sayanshi Amogh	Purity house Liberty house