

Power Yoga SeSSion CI aSS 1 & 2

Date:- 18.05.17

Yoga for good health and well-being

Yoga is not a religion. It is a science, science of well-being, science of youthfulness, science of integrating body, mind, and soul.



A project based ground activity was conducted for the students of class 1 .The theme of the activity was

“Yoga Based on Animals Postures”

The purpose of the activity was to educate the students about yoga and to promote good health and wellbeing amongst them.

The students participated enthusiastically and enjoyed a lot. .

