

QBIRLA PUBLIC SCHOOL GANGANAGAR



(A UNIT OF BIRLA EDUCATION TRUST PILANI)

CBSE AFFILIATION NO. 1730974

Yoga CLUB

REPORT

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Event – "Yoga And Aerobics- Yogaasanas"

Day/Date – Wednesday, 3/05/23

Classes – III – XI

Total Students- 30 Present- 26

OBJECTIVE:-

- To enable students to have good health
- To practice mental hygiene.
- To posses emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

Club In charge: Ms.Mandeep

Enclosure: 1. Circular 2. Poster

3. Yoga Done by Participants



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BIRLA PUBLIC SCHOOL GANGANAGAR (A UNIT OF BIRLA EDUCATION TRUST PILANI)



A WORLD CLASS AIR-CONDITIONED ENGLISH MEDIUM CO-EDUCATIONAL CBSE SENIOR SECONDARY DAY SCHOOL, DAY BOARDING AND BOARDING SCHOOL

Yoga And Aerobics Club: YOGA ASANAS



"Yoga takes you into the present moment,

The only place where life exists."

Time: 09:00am to 10:00am

03-May-2023, Wednessday

Place: Central Courtier

Class: 3 to 11

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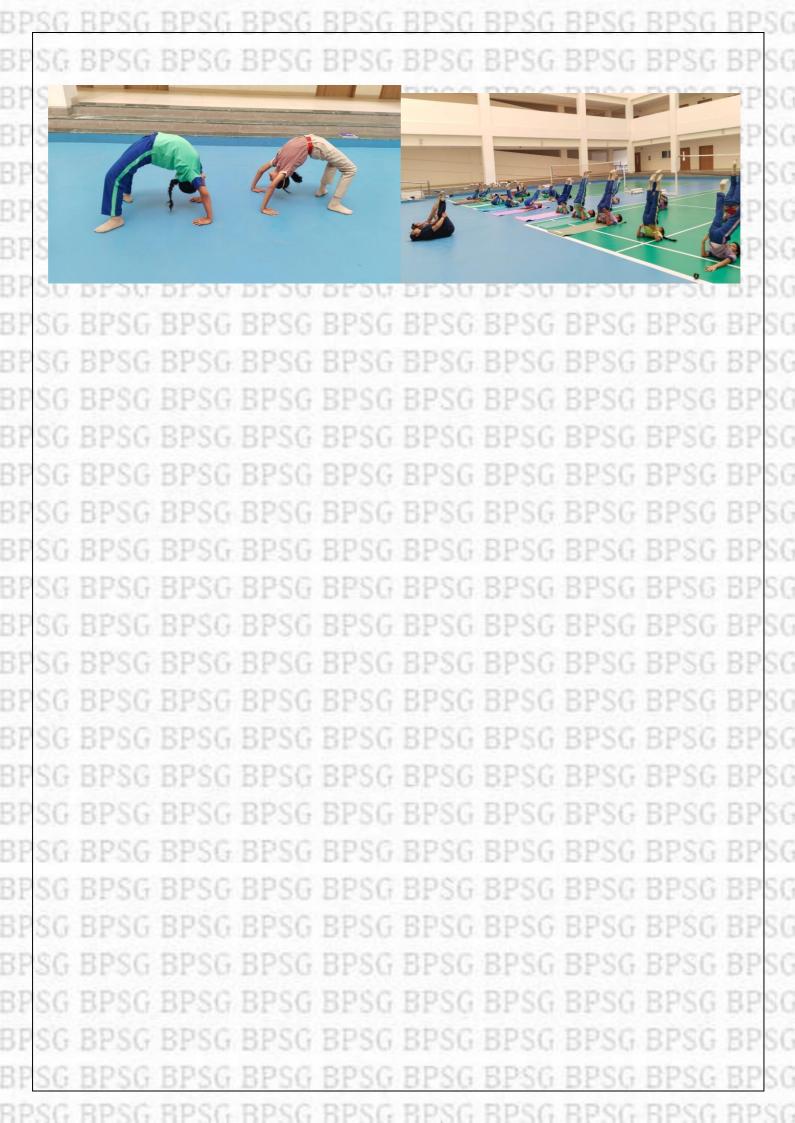
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