



QBIRLA PUBLIC SCHOOL GANGANAGAR

(A UNIT OF BIRLA EDUCATION TRUST PILANI)



CBSE AFFILIATION NO. 1730974

Yoga CLUB

REPORT

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 possess 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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CBSE AFFILIATION NO. 1730974

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, Wednesday

Class: 3 to 11

Place: Central Courtier

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