

SHIKSHA BHARATI GLOBAL SCHOOL

Sector-8, Dwarka, New Delhi-110077

Introduction of Yoga and Meditation Skill Among Students

Introduction

The Yoga and Meditation provide a framework for spatial growth and mastery over the Physical body. We have introduced the Yoga and Meditation Skill among the student on 03-May-2025.

Objective

The main goal of this yoga and meditation skill is to emphasize the student toward the Yoga and Meditation practice help to improve our physical and mental health. It aims to instill the values of yoga and meditation in their life.

Activities Conducted

- Start with Surya Namaskar
- Sitting Asana – Paschimottanasana
- Lying Asana – Cobra Pose
- 10 Min. Meditation

Conclusion

Yoga and Meditation Skill were successfully done with Practical class. Students get to know the real need of Yoga and Meditation in life.

