



# ARMY PUBLIC SCHOOL MIRAN SAHIB

DAY AND DATE: SATURDAY, 18 OCT' 25



## VIDYANJALI (GOVT SCHOOL BRIJ NAGAR)

Following activities were conducted:

- **YOGA SESSION** by Ms Taniya Choudhary
  1. Pranayama (Breathing exercises).
  2. Tadasana (Mountain Pose)
  3. Brahmuni Pranayam (A breathing technique).
  4. Padmasan (Lotus Pose)
  5. Titli Asana (Butterfly Pose).
  6. Bhujangasan (Cobra Pose)
  7. Ustrasana (Camel Pose).
  8. Surya Namaskar (Sun Salutation)
- These poses can help improve flexibility, balance, and overall well-being.



- **PRAYER SONGS** by Music teacher Ms Vishakha  
Itni shakti hume dena data, We shall overcome , Ram aayenge



- **ART & CRAFT** activities by Ms Monika , Balvatika teacher

