



### **Report on the YOGA session Theme: Surya Namaskar**

**Date** : 9 July 2018

**Venue** : Jr. Science Lab

**Conducted By** : Ms. Rekha Thakur

**Attended By** : Girls of Classes IX

*“Yoga means addition – addition of energy, strength and beauty to body, mind and soul.”*

A Yoga session emphasizing the importance of Surya Namaskar was conducted for the girl students of class IX. Surya Namaskar or Sun salutation is a yoga practice incorporating a sequence of gracefully linked twelve asanas. The idea behind was to make the students aware of the benefits it brings to our body by daily practicing Surya Namaskar. The students were enlightened by knowing the benefits like helping in losing weight, strengthening muscles and joints and also glowing skin. A 10 minutes practice a day helps students in strengthening concentration and makes the body physically fit. The program was a refreshing start to the day of students in school and made them more energetic than before.