



Bal Bharati
PUBLIC SCHOOL
M A N E S A R

Activity name: FREEZE DANCE YOGA

Class: IV

Date: 10.05.22

Description:

Yoga has been the rediscovery of the decade. Now, Natya yoga, which blends dance, yoga, and music, is having its moment.

An activity titled FREEZE DANCE YOGA was held in BBPS Manesar on 10.5.22 for grade 4 students. The Yoga session was conducted by the class teachers. It was specially designed & structured for small children. The students learnt the yoga techniques which would help them to improve their concentration & focus. Students showcased their dancing skills by depicting different *Asanas*.

The main aim was to create awareness & ignite passion for fitness & yoga among the students. In the present day, when students face anxiety, fear, stress etc, these simple *Asanas* can help to dispel them.

Overall, the students enjoyed and had fun trying different postures and now they are truly looking forward to conduct other yoga related future event in their school.

Glimpses:



