

SESSION – 2023 -24

Logbook for the month of April.

Date	Description
20 th April	<p>To spread the message of health is wealth a Yoga session was organised for the students of Pre- Primary. Pratyahar means withdrawal of senses and the session was conducted to teach the importance of our five senses through some Yoga mudras by our Yoga Teacher. The session was started with meditation followed by a beautiful story to attract the little tots towards Yoga mudras for a better growth and physical constitution.</p>



