

Report – Yoga Camp

Date: 27th – 28th May 2022

Students who are physically active tend to have better grades, school attendance and cognitive performance and classroom behaviors. As we all know that the students are the future of our country. To keep our future bright and healthy, Basic Shiksha Adhikari has organized a one month Yoga camp in our heritage city “Varanasi” from 21st May – 21st June 2022. Under this project, two day Yoga camp organized in our school campus on 27th and 28th May 2022.

The camp was organized for the students of classes 4 to 8 as well as for their parents. It was organized in the two shifts. The timing for the students of classes 4 to 6 was 6:30 – 7:30 a.m. and for the students of classes 7 to 8 was 7:30 to 8:30 am.

Our health is our most valuable wealth. A healthy person is able to perform various physical activities without getting tired. Regular exercises can help us to build a healthy and fit body that would be resistant to diseases.

Nowadays, everyone has become more conscious about their physical fitness and health. Near about 800 people participated in this yoga camp which included students, parents, teachers and staff. In the camp, yoga was practiced under the able guidance of Shree Satya Prakash Arya. The session was very energetic.

Rupali Arora

