

D.A.V. PUBLIC SCHOOL, THANE

SESSION: 2022 – 2023

REPORT



TITLE/ TOPIC: Yoga at Old Age Home and Orphanage

DATE: 14.05.2022

RESOURCE PERSON'S NAME: Mr. Ajay

ORGANIZED BY: DAV Public School Thane

Aging is inevitable. However, regular yoga practice not only boosts immunity but also unites the body, mind and soul to attain calm and peace in advanced age.

As a part of 8th International Day of Yoga, a special session was organized for senior citizens of Dr.Menon's Old Age Home. They performed simple Yogic Mudras and Pranayama Techniques with Hast Chikitsa to increase their sense of well-being and self-efficacy. These yoga techniques are perfect for senior citizens to keep them healthy, active and fit.

Yoga can offer so many benefits for children. Yoga can offer tools to cope with anxiety, depression and other mental health issues. Yoga teaches children to accept and love themselves just as they are. While moving their bodies and connecting to their inner selves, children erase their self doubt and discover their dreams. Another beneficial yoga session was conducted for the students of Swami Vivekananda Balashram, Yeoor, Thane. They performed Surya Namaskaar, Balancing poses, and Padmasana variations with Meditation. Both the sessions were conducted successfully under the guidance of school principal Mrs.Simmi Juneja mam.



PREPARED BY AJAY KUMBHAR

