

D.A.V. PUBLIC SCHOOL, THANE

SESSION: 2022 – 2023

REPORT



TITLE/ TOPIC: Special Pranayam Session for Parents

DATE:01/06/2022-02/06/2022

TIME:06:00 pm

RESOURCE PERSON'S NAME: Mr. Ajay

ORGANIZED BY: DAV Public School Thane

The goal of pranayama is to strengthen the connection between our body and mind. According to research, pranayama can promote relaxation and mindfulness. It's also proven to support multiple aspects of physical health, including lung function, blood pressure, and brain function.

On the occasion of the **8th International Day of Yoga, DAV Public School Thane** conducted a special online yoga session for parents to make them aware about the health benefits of pranayam. Many parents participated enthusiastically and learnt how Yoga primarily works with the energy in the body through the science of pranayama or energy control. Yoga teaches how to still the mind through breath-control and thereby attain higher states of awareness and wellness. Parents practised Nadi shodhan pranayama, Kapal bhati kriya, Bhramari pranayam, Shitali Pranayama and Udgeeth Pranayam with enthusiasm and shared that they felt fresh and rejuvenating. The whole session was conducted successfully under the guidance of our principal **Mrs. Simmi Juneja Ji**.

SOME SNAPSHOTS



Prepared By: Ajay kumbhar