

# YOGA

## AN IDEAL WAY OF LIVING!

~ Aditi pathy (VIII A) & Mansi Rawat (VIII A) ~

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ART OF PRACTICING YOGA is one of the magnificent ways to grow into a better human being with a sharp mind, a good heart, and a relaxed soul. Yoga is known for its amazing health benefits and it brings both physical and mental discipline to achieve a peaceful mind. Yoga as a co-curricular activity is very popular among the students. There are total 30 students

Tadasan daily which increases height and helps in having correct posture, Chakrasa which balances the nervous system, stretches the back, promotes weight loss, etc. She further added the benefits of Vrikshasan which strengthens muscles of thighs, arms and shoulders. The students told us that they were totally enjoying this activity as it helps to

from VI to VIII, who enthusiastically follow the instructions of their mentor Ms. Satinder Kaur. She explained to us many benefits of yoga - like practicing

improve their concentration, patience, health and they also encourage their siblings to perform yoga on regular basis.