



Baldeodas
Bhagirathi
Shah
Trust

MERA SAPNA

Activity Club for Children



KAIVALYADHAMA

Where Yoga tradition and Science meet



Anum Foundation

MONTHLY REPORT OF JANUARY 2022 at Jogeshwari centre

B.B Shah Trust has started at activity club for Vaidu community children, in association with Kaivalyadhama & Anum Foundation. Activities are conducted between 9:00 am to 10:00 am Tuesday and Saturday.

Number of Beneficiary: Boys - 47

Girls - 56

Total - 103

YOGA CLASS



Padahasthasana:-

Benefits:- This is very good for a stiff body (spine). It gives a nice stretch to hamstrings and back muscles and helps in relieving the pain in the hip joints. Beneficial for indigestion and breathing problems. It helps in obesity



Prana Dharana:-

Prana is breath and Dharana is awareness.

1. Thoracic Breathing
2. Abdominal
3. Thora-co-abdominal

Benefits:- This is very good breathing techniques that can reduce stress and improve physical and mental health. In Pranayama, you focus deeply on breath control through inhalation, breath retention, and exhalation patterns.

Republic Day Celebration:-

Performance at 26 January was excellent.



Feedback:-

First of all children are really enjoying very much. Then the next thing I am trying to teach advance asana like Bakasana, Shirshasana etc. and benefit of this is that other children are getting attracted towards advance asana and are rejoining to class.

Now, it time for some feel that yoga is making changes in body.

As I thought Padahastasana children were feeling pain in their calf at first round it was very high but as I went for 2/3th round it was really decreased to no pain and great stretch.