



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 Marol centre

B.B Shah Trust has started at activity club for Vaidu community children, in association with Kaivalyadham & Anum Foundation. Activities are conducted between 10:30 to 11:30 am Tuesday and Saturday.

Number of Beneficiary: Boys - 25

Girls - 15

Total - 40

YOGA CLASS



Supta Vakrasana:-

Benefits:- In this asana, the whole body gets a nice twist and stretch. It helps in removing stiffness and is beneficial in loosening the joints. It is very beneficial for the trunk in general.

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.

Feedback: - In Supta Vakrasana has become of one favorite asana among all others. As I start to teach them and they went into their asana they felt very relief to their back and they were so into it that they were not coming out of that asana and they told me that they enjoy it so much that they practice it at their homes too.

Breathing exercise was focus by me as I looked this pandemic was creating huge loss. It was very helpful in this. It was difficult for them to focus on breathing they took their time but at the end it was good.