



Baldeodas  
Bhagirathi  
Shah  
Trust

# MERA SAPNA

## Activity Club for Children



**KAIVALYADHAMA**

Where Yoga tradition and Science meet



Anum Foundation

### MONTHLY REPORT OF MAY 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**



#### **GOMUKHASANA:-**

**Benefits:-** This is a very good exercise for the joints, i.e., shoulders, hips, etc. In this asana, the lungs get good exercise. It helps in attaining a good posture; spine remains straight, and is very beneficial for arthritis. It strengthens the muscles of back, arms and legs.

#### **SHEETKARI PRANAYAMA:-**

**Benefits:-** It cools down the body temperature so it is useful in fever. It is beneficial in mouth related diseases, throat and tongue. Best for high blood pressure and for the summer session.



### **SUMMER CAMP :-**

Summer camp was a great opportunity for students to develop their self's with yoga as it started from 20<sup>th</sup> May till 28<sup>th</sup> May at both centers Jogeshwari and Marol. These sessions would start with prayers and then yoga was performed. Which gives energy and activeness for whole day. At last day an 28<sup>th</sup> May exhibition was held were Marol student's joint interest fully at Jogeshwari center.

**FEEDBACK:-** Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind, body and soul. Our children spoke about it and demonstrated asanas with every alphabet from A to Z.