



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 Marol Centre

B.B Shah Trust has started at activity club for Vaidu community children, in association with Kaivalyadhama & 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



PURNA SHALBHASANA:-

Benefits :- This is more difficult to do than ardhha shalbhāsana but it is more beneficial for the lower body.

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 20th May till 28th 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 28th 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.