



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 VIRAR Centre

B.B Shah Trust has started at activity club for Zilla Parishad School (Chikhaldongari Virar) children, in association with Kaivalyadhama. Activities are conducted between 7:00 to 8:00 am Tuesday and Saturday.

Number of Beneficiary: Boys - 125

Girls - 125

Total - 250

YOGA CLASS



Naukasana:-

Benefits:- This is very good for the stomach. It strengthens the back, leg and stomach muscles. It keeps the spine strong and helps in digestion and in relieving constipation. This is good for Diabetes and Dyspepsia.

Janu Sirsasana:-

Benefits:- It calms the brain and eliminates mild depression. It stretches the spine, liver, spleen, hamstrings, groins, and shoulders. Stimulates the kidneys and liver. Reduces pain in the waist and legs. Improves digestion, relieves symptoms of menopause.

Feedback:- Session has started couple yoga which is very beautifully done by student and have shown great result and response. Not just for body but they also learn about unity, co-operation, patience and such more thing from means of yoga.