

Guest Speaker Program
Saturday, 17th May 2025
Class - VII

Resource Person- Ms. Pragati Meenu

'Yoga is the journey of the self, through the self, to the self' - The Bhagvad Gita

To understand the health benefits of yoga and meditation, Ms. Pragati Meenu, a certified yoga instructor and yoga therapist, was invited as a guest speaker for the students of class VII to conduct an interactive session. The objective of the workshop was to promote physical and mental well-being among students through the practice of yoga.

The session commenced with the resource person addressing the students on the importance of incorporating yoga in their daily life. It included warm up exercises and various asanas which were done by the students with great enthusiasm. The workshop helped students understand the importance of maintaining a healthy lifestyle. Students felt relaxed and rejuvenated after the workshop. Ms.Meenu also encouraged them to adopt it as their daily routine for better mental and physical health.

