

**Guest Speaker Program**  
**Saturday, 3rd May 2025**  
**Class - VIII**  
**Resource Person- Ms. Pragati Meenu**

**"Yoga is the art of awareness on the canvas of body, mind, and soul." – Amit Ray**

In an effort to enhance students' awareness of the health benefits associated with yoga and meditation, Ms. Pragati Meenu—a certified yoga instructor and yoga therapist—was invited to conduct an interactive session for the students of Class VIII.

During the session, Ms. Meenu emphasised the significance of a balanced diet and regular physical activity as essential components of overall well-being. She initiated the session with a quiz based on general health related myths and cleared the general misconceptions. She led the students through a series of simple yet impactful warm up exercises and yoga asanas, which were performed by the students with great enthusiasm.

The session offered meaningful insights into the physical, mental, and emotional advantages of incorporating yoga and mindfulness practices into daily life, fostering a deeper understanding of holistic health among the students.

It was a truly enriching experience for all.

