



April Events

Podar International School, Pimpri

Express Yourself Activity

8th April 2021

10 benefits that meditation gives us

1. It increases happiness.
2. It decreases depression.
3. It makes our body calm and peace.
4. It is good for stress relief.
5. It improves memory.
6. It will make you healthy.
7. It relaxes the mind and body.
8. It will make positive changes in body.
9. It will make you breath easily.
10. Removes the annoyed emotions.

> Weight Loss Aid:

Yoga is a great weapon against obesity and unseemly body fat. Regular practice of Yoga will help in substantial weight loss. Unlike other forms of exercises Yoga doesn't only help in weight reduction but also tones your body and makes you look slimmer and more beautiful.

What is Yoga ?

Yoga is an ancient art that originated in India about six thousands years ago. People were used to practice yoga and meditation in their daily lives to lead healthy and strong lives. However, in such a crowded environment, the practice yoga was falling from day to day.

Video thumbnails showing students participating in the activity:

- Thumbnail 1: A boy in a white shirt and tie.
- Thumbnail 2: A boy in a dark shirt.
- Thumbnail 3: A boy with glasses in a white shirt.
- Thumbnail 4: A boy in a blue shirt wearing headphones.

Express yourself activity helps the students to express their thoughts and emotions which make them more confident and also helps them to increase their vocabulary and increase their thought level.



PODAR INTERNATIONAL SCHOOL, PIMPRI

YOU ARE CORDIALLY INVITED FOR

SPECIAL ASSEMBLY

“ NATIONAL PANCHAYATI RAJ DAY ”

ON FRIDAY 23/04/2021

VENUE : ONLINE CLASSROOM

TIME : 12:00 noon



Panchayat Raj Activity

23rd April 2021



Panchayat Raj Activity was very informative. Students learn a lot of information through the videos and creative presentation.



Students interaction during the virtual activities Interaction of Students and teachers makes the atmosphere lively and practical which makes them feel them as though they are sitting in the classroom.

Thank you

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