

WOMENS DAY



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21.06.2022

AS A FORM OF LOW – IMACT EXERCISE . YOGA HAS BEEN SHOWN TO LOWER STRESS HARMONES IN OUR BODIES WHOLE SIMULTANEOUSLY INCREADING BENEFICIAL BRAIN CHEMICALS LIKE ENDORPHINS . THESE FEEL- GOOD CHAMICALS HELP DECREASE ANXIETY AND IMPROVE MOOD . YOGA CAN REDUCE STRESS BECAUSE IT PROMOTES RELAXATION , WHICH IS THE NATURAL OPPOSITE OF STRESS . YOGA CAN BENEFIT THREE ASPECTS OF OURSELVES THAT ARE OFTEN AFFECTED BY STRESS . OUR BODY, MIND AND BREATHING . FIVE YOGA FOR STRESS MANAGEMENT – AVOIDING , ALTERING , ADAPTING , ACCEPTING , AND BEING ACTIVE .





ART AND CRAFT ACTIVITY





BUDHHA PURNIMA





MUSIC LEARNING



CUTURAL PROGRAME













