



Dear Students

The current situation has confined all of us to our homes. On the positive side, we now have plenty of time at our disposal. Let us utilize it exercising to improve our overall health as well as to align our mind, body, spirit.

There is a Sanskrit *sloka*: *sharira madhyam khalu dharma sadhanam*, which means that all life activities are possible only through the body. It is, therefore, our primary duty to keep ourselves healthy. Only a healthy body helps one achieve great goals in life.

Acknowledging the importance of physical activity for each one of us, the Sports Department of Sanskriti School has prepared a list of a few warm-up exercises, breathing techniques and yoga postures for you, students. We urge you to regularly practice them. You may request all other members of the family also to join you and help them stay fit as well.

Here is a list of the suggested activities:

[Warm-up](#)

[Sitting postures](#)

[Breathing techniques](#)

Remember: Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (World Health Organization)

We hope you will make the most of this time, paying equal attention to academics as well as your health and fitness.

Regards

Physical Education Department

Sanskriti School