



VIDYA BHAWAN
BALIKA VIDYAPEETH

Date : 18-06-2021

Teacher : Poonam Kumari

CCA

Class : 7

June 21:- International Day of Yoga

▶ **ACTIVITY :**

Write an article on :

“ Significance of yoga in day to day life ”.

How yoga can be helpful to reduce the human stress due to our daily routine and why it is necessary in modern days.