









### Activity Plan: 2025-26

Month: May & June

Online Class: \_\_\_\_\_

DAY/DAY	ACTIVITY/TOPIC	TEACHER'S NAME
MONDAY 05/05/2025	<ul style="list-style-type: none"> <li>Prayer (2 min)</li> <li>Meditation(22min)</li> <li>(Kapalbharti,</li> </ul> <p><b>BHASTRIKA PRANAYAMA</b> THE BELLOW'S BREATH</p>  <p><b>BREAK-TIME</b></p> 	<p><b>Ashwani Tyagi</b>, Certified Trainer</p> <p>Experience +10 Therapeutic Accupressure &amp; Sujok and Magnet international Trainer)</p>
TUESDAY 06/05/2025		
WEDNESDAY 07/05/2025	Neck Movement left and right, Up and Down, Shoulder Rotation, Back Twisting, Side Bending legs movement	<p><b>SHIVANI SINGH (NIS COACH)</b>, (International Trainer)</p>
THURSDAY 08/05/2025	<p><b>Yogasanas</b></p> <p>Tadasana, Trikonasana, Mountain Pose Cat and Cow Pose, Simhasana ,Cobra Pose, Balasana, Shuvasana</p>	
FRIDAY 09/05/2025	<p><b>Pranayama</b></p> <p>❖ Bharmari</p>	
SATURDAY 10/05/2025	<p><b>Laughing</b></p>	<p>Prachi (Yogacharya) + Ms. SHIVANI SINGH (NIS COACH)</p>
SUNDAY 11/05/2025	<p><b>Discussion</b></p>	<p>Mr. DILAWAR SINGH (Certified Trainer) (International Trainer + 7 years' Experience)</p> 

Client Name: \_\_\_\_\_

Incharge: \_\_\_\_\_