



CATEGORY D: GRADES 6,7,8
WEEK: 3 ACTIVITIES





WEEK: 3 ACTIVITY

DAY: 1

THEME:

NAME OF THE ACTIVITY:

HEALTH AND WELLNESS YOGA - VRIKSHASANA



SUMMER

CAMP



Description

One exercise that helps you to improve body posture, nervous system, focus and concentration is Vrikshasana. Watch the video mentioned to know more about Vrikshasana and do it as per the video. Daily practice these exercises

Take a photo of you doing Vrikshasana and Submit via google form

Material Required

**1. Yoga mat/
Bedsheet.**

Resources

**[Click here
for the
Video](#)**

Type of Submission

Image





WEEK: 3 ACTIVITY

DAY: 2

THEME:

HEALTH AND WELLNESS

NAME OF THE ACTIVITY:

FORWARD PLANK



SUMMER

CAMP



Description

Plank is one exercise that improves your core strength, flexibility and overall mental health in our body.

Take a stop watch try doing plank properly as shown in the video for 2 min and see how much time are you able to do, practice daily to improve the timing of the plank and also your core strength.

Take a photo of you doing Plank and Submit via google form

Material Required

**1. Yoga mat/
Bedsheet.**

Resources

[Click here for the Video](#)

Type of Submission

Image





WEEK: 3 ACTIVITY

DAY: 3

THEME:

HEALTH AND WELLNESS

NAME OF THE ACTIVITY:

AEROPLANE POSE



SUMMER

CAMP



Description

Aero plane pose helps to improve the muscle strength of legs and the shoulders, It improves focus, body balance and core strength of the body.

Take a photo of you doing Aeroplane pose and Submit via google form

Material Required

**1. Yoga mat/
Bedsheet.**

Resources

**[Click here
for the
Video](#)**

Type of Submission

Image





WEEK: 3 ACTIVITY

DAY: 4

THEME:

HEALTH AND WELLNESS

NAME OF THE ACTIVITY:

NAUKASANA



SUMMER

CAMP



Description

One Exercise that helps to improve digestion and core strength and the balance is Naukasana.

It helps to reduce the belly fat and makes you fitter and stronger. Watch the video and follow the instructions as per the video

Take a photo of you doing Naukasana and Submit via google form

Material Required

**1. Yoga mat/
Bedsheet.**

Resources

[Click here for the Video](#)

Type of Submission

Image





WEEK: 3 ACTIVITY

DAY: 5

THEME:

HEALTH AND WELLNESS

NAME OF THE ACTIVITY:

FUN BRAIN GYM!



SUMMER

CAMP



Description

Brain Gym Exercises looks simple fun and challenging. watch the youtube videos and have fun doing the brain gym exercises. These are fun and improves concentration and memory power.

Record the video of you doing the brain gym exercises and submit via google form.

**Material
Required**

**No
Resources**

Resources

**[Click here
for the
Video1](#)**

[Video 2](#)

**Type of
Submission**

Image

