

Date: - 11/09/18

I am very fortunate because I get an golden chance and golden benefits from the yoga and some Asanas from our yoga teacher and when yoga Sir come to school I don't think that this man can change us and only the negative thinks to me. On later the exercise and the Asanas are very helped to me and I am now 35kg previous I am 31 kg and I am very happy and my height also increased. and some Asanas are about to decrease the pain I told those Asanas to my mother and she is practising very much and she is benefited and I got a chance that to talk with Sir inquest house and Sir told me the Reading skill and how to Read how to Remember and how to Recall I practised it and I am finding very ~~is~~ easy to Read and memorise and he thought me some increasing in height and weight Asanas I am very happy about that and I am very comfortable now I am very finding pleasure to thanks to my principal that giving this opportunity I think that in my ^{whole} village also I am not getting this type of yoga and interacting teacher so that our principal Sir given this opportunity to us and making me comfortable I am very thank you Sir and god will bless you Sir.

from

9th Students