

YOGA AWARENESS SCHOOL  
CAMP JANUARY 9 2026



Yoga Awareness camp under the theme of “Yoga for Concentration and mental health” conducted at SMJV School, Chennai for 11<sup>th</sup> and 12<sup>th</sup> students of about 60 students.





Warm up exercises for whole body were done



Tadasanam and Trikonasanam



Nadi suddhi pranayamam and  
Bhramari pranayamam