Yoga poses that will help you to study well for your exams

Matsyasana (Fish pose)

1. Lie face down on the floor.
2. Place your palms on the floor firmly and place your feet flat on the floor.
3. Lift your chest off the floor and draw your navel towards your spine.
4. Straighten your arms and lift your head off the floor.
5. Inhale deeply and exhale slowly.
6. Hold the pose for 30 seconds and then release.

Bhramari pranayam (Bee breathing)

1. Sit in a comfortable position with your back straight.
2. Close your eyes and take a deep breath.
3. Exhale slowly through your nose and imagine that you are a bee breathing.
4. Repeat this process for 5-10 minutes.

OVERCOME BOREDOM AND INVITE NEWNESS

Yoga for Beginners Mind + Body

This yoga app is specifically designed for beginners and offers a variety of yoga routines and classes.

FREE YOGA APPS OF 2022

Namaste! This free yoga app offers a wide range of yoga classes for all levels.

FREE YOGA APPS OF 2022

Viraasana (Hero pose)

1. Sit on your mat with your legs extended in front of you.
2. Inhale deeply and exhale slowly.
3. Hold the pose for 30 seconds and then release.

Beyond Lesson Plan

Class 1: Chapter 6 on Leadership

1. ORGANISER: A leader in sports can organise his team better. The team can become a winner.
2. MOTIVATOR: To be a good leader, learn how to motivate every person in your team.
3. CRITIC: A leader must be critical of the work of others.
4. TEACHER: A good leader should be able to teach your team how to perform.

LEADERSHIP IN YOUR NCERT CURRICULUM

1. Role Model: Model leadership behaviour to children.
2. Help students build self-confidence. Give children confidence to be independent.
3. Teach children how to see things from other people’s point of view.

LEADERSHIP FOR LEADERS AND LEADERSHIP FOR LEADERSHIP

1. Get it a thought: The basic qualities of a leader are intelligence, self-confidence, and experience.
2. To treat a poor student and their performance.
3. To treat them with respect and kindness.
4. To encourage them to try new things.

SPEAKING TREE

The groundwork for all happiness is to be the leader of the pack.

 Greatest teacher is the leader.

TheSimplylazy app has been designed to help you create a sleep routine that works for you. It offers personalized sleep suggestions, tracks your sleep patterns, and provides you with personalized feedback to help you improve your sleep quality.

Virender Kapoor