

Life skills:

Life skills are necessary skills that enable one to deal effectively with life's daily problems. By taking constructive behaviors, people may protect themselves and promote their health. We live in a dynamic world, and in this ever-changing environment, possessing life skills is a crucial component that will enable us to meet life's daily problems. Students require new life skills, such as the ability to deal with stress and frustration, to cope with the growing pace and change of modern life.

Yoga is vital life skills that will help you acquire abilities that can assist you navigate through life's social and emotional problems. Students gain patience and single-minded focus by helping them learn regular meditation, mindful breathing, and asana practice, which improves their physical and emotional awareness and contributes to the development of resilience.

Yoga pics:







Haritha haram pics:

