

Super Brain Yoga Workshop at VBPS



Vishwa Bharti Public School, Ghaziabad, in collaboration with the Interact Club, Vaishali, successfully conducted a Super Brain Yoga Workshop for students of Classes 5 to 8 on 13th August 2025 during school hours. The session was led by Ms. Anupama Agrawal, President of the Inner Wheel Club, Vaishali.

Students participated enthusiastically, learning a variety of Brain Yoga asanas that enhance concentration, boost memory, and sharpen critical thinking skills. The exercises also encouraged relaxation, meditation, and stress management, helping students improve focus and overall academic performance.

The workshop inspired our young learners to make these simple yet powerful techniques a part of their daily lives, paving the way for better learning and a healthier mind.

We extend heartfelt thanks to Ms. Anupama Agrawal for guiding our students through this enriching experience. Special appreciation goes to Principal Ms. Dimple Puri for her constant encouragement, our Interact Club Coordinators Ms. Seema Pandey and Ms. Snehanjali for their dedicated efforts, and Interact Club Volunteers Ikshita Pratap Singh (President) and Dhruv Raj Malik (Secretary) for their active support in making this event a success.