



# **DELHI PUBLIC SCHOOL**

## **KAMPTEE ROAD, NAGPUR**

### **YOGA ACTIVITY GRADE: NURSERY**

**30TH DECEMBER, 2026**

Delhi Public School Kamptee Road, Nagpur conducted a joyful Yoga Activity for the students of Grade Nursery, linking physical movement with early language learning. The session began with an introduction to the letter 'y', its sound and related words, with special emphasis on the word Yoga. The activity was designed to make learning interactive and meaningful for the young learners.

The students were gently guided to perform simple and safe yoga poses suitable for their age group, such as stretching exercises, calm sitting postures and basic balance movements. Through these activities, the students learned that yoga helps keep the body healthy, calm and strong. The session was conducted in a cheerful and relaxed atmosphere, allowing the students to participate with confidence and enthusiasm.

The activity helped develop letter recognition, listening skills, body awareness and coordination among the students while also encouraging mindfulness and discipline. The students thoroughly enjoyed learning the letter 'y' through movement and activity, making the experience both educational and enjoyable.



**DELHI PUBLIC SCHOOL**  
KAMPTÉE ROAD, NAGPUR



**Letter**  
**Y**



## **Learning 'Y' for Yoga Through Movement and Joy!**

Delhi Public School Kamptee Road, Nagpur conducted a delightful Yoga Activity for the Nursery students on 30th December, 2025 creatively linking physical movement with early language learning. As the children explored the letter 'y' through the word Yoga, they enjoyed simple stretches, calm postures and balance movements in a cheerful setting. The activity helped build body awareness, coordination and letter recognition while introducing the importance of staying healthy and calm in a fun, age-appropriate way.