

B.c.m. school Dugri

Class +1 ans key

- 1.APE designed to meet the unique needs of students with disability and special needs.**
 - 2.paraolympics games are major international multisports event for disable students**
 - 3.Deaf olympics games for deaf and hard of hearing students**
 - 4.special olympics is a movement that provides physical fitness confidence and social skills**
 - 5.yogic kriya helps to remove toxins from body repair the body for deeper yoga**
 - 6.samadhi of deep meditative absorption.**
 - 7.meditation is a practice that is involves focusing the mind calmness and inner peace**
 - 8.pranayam means to the control of the life force through breath regulation.**
 - 9.padmasana is lotus pose**
- It is also used for meditation.**