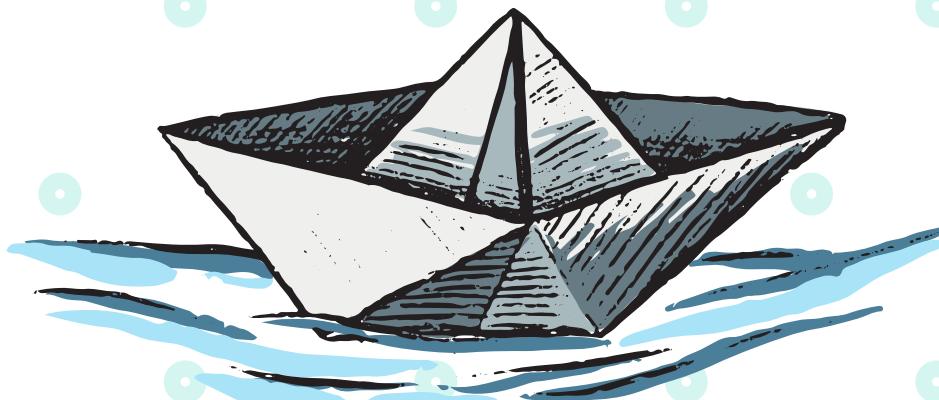


SKY YOGA ONLINE

ONLINE SUMMER WORKSHOP PRESENTS

# காகிடு கப்பவில் கறை போய் சேர்ந்திடலாம்



# KAAGIDHA**KAPPAL**

WORKSHEET FOR CHILDREN



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Name:





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## KNOW ABOUT SKY

THE WORLD COMMUNITY SERVICE CENTRE ESTABLISHED BY SHRI. VETHATHIRI MAHARISHI ("WCSC") BEGAN ITS JOURNEY IN 1958 ON 14TH AUG. TODAY, IT HAS MORE THAN 400+ TRUSTS AND 2500+ MEDITATION CENTRES ACROSS THE WORLD, SPREAD OVER 20+ COUNTRIES AND MORE THAN HALF A MILLION PEOPLE HAVE BENEFITED.

IT HAS MORE THAN 15,000 MASTERS SERVING THE SOCIETY.

WCSC VISION IS: WORLD PEACE AND THE MISSION IS: WORLD PEACE THROUGH INDIVIDUAL PEACE.



2500+ Centres



16K+ Professors



25K+ Centres



Since November, 2021



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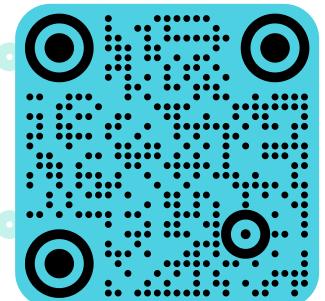


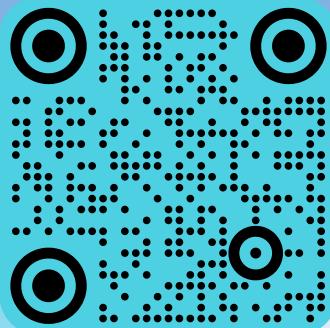
**BELoved  
SHRI VETHATHIRI MAHARISHI**

**COMMON MAN'S PHILOSOPHER, THATHUVAGNANI, A  
VISIONARY SPIRITUAL LEADER**



SCAN TO COMPLETE NEXT ACTIVITY!



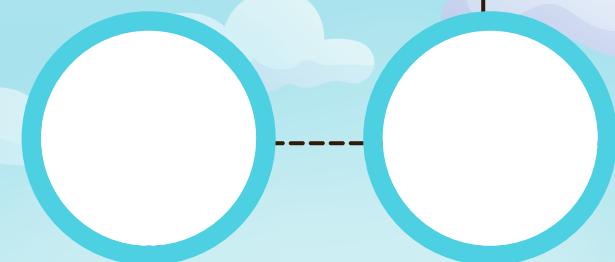


SCAN

YEAR'S -AH FILL

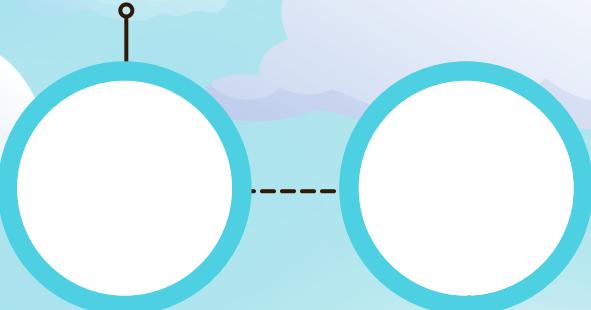
pannunga panninga

BIRTH YEAR



BIRTH DATE

WORLD PEACE YEAR



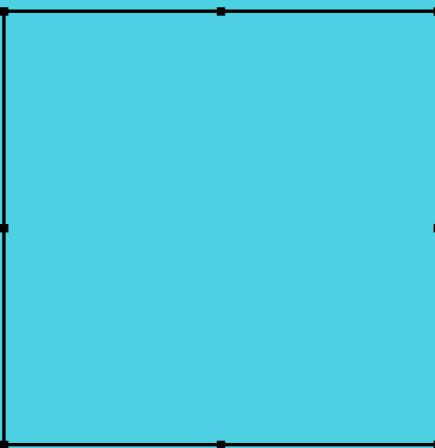
WCSC  
ESTABLISHED  
ON

ALIYAR  
DECLARATION



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(Summarize on the line above.)

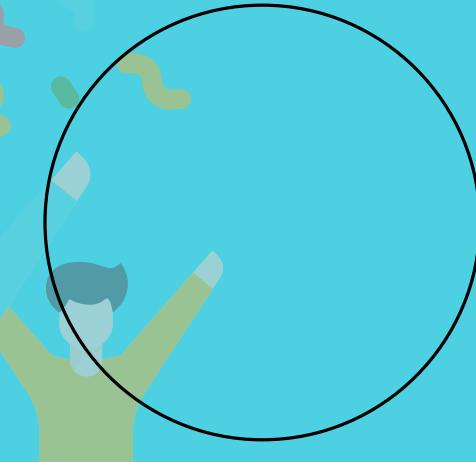


(Draw a picture in the space provided below.)

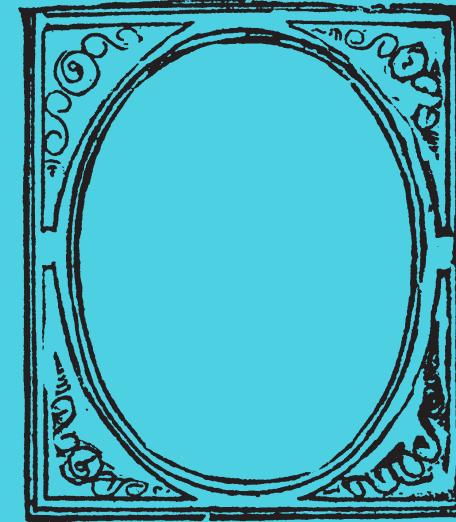
My Ambition is

In my free time I  
like to

(Draw a picture in the space provided below.)



(Summarize on the line above.)



(Draw a picture of yourself in the space  
provided below.)

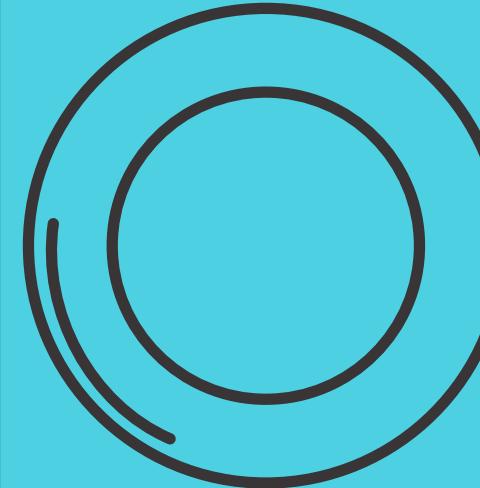
My self-portrait

# SKY YOGA ONLINE

# MY UPSIDE DOWN

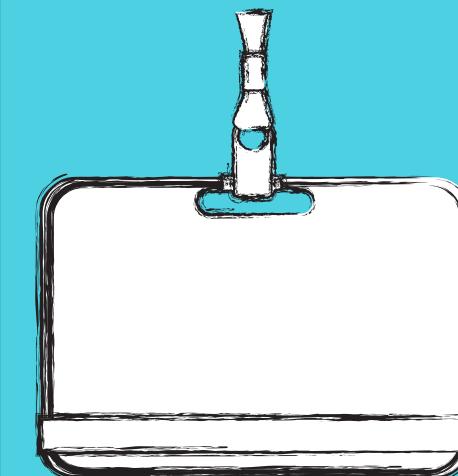
By:

(Write your name in the space above.)



(Draw a picture of your favorite food on the  
plate provided below.)

My favorite food is



(Write your first name on the name  
tag above.)

years old.

(Write the number in the box  
above.)

Stick the picture of inspiring personality

I am

My inspiration is:

# Morning TO DO LIST Routine



**Beat the sun. Rise and Shine**



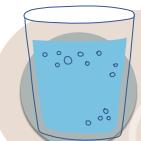
**Eat a nutritious , saatvic meal**



**Start your day by blessing world**



**Digital time only a hour per day excluding online workshop**



**Have a glass of water**



**Play with friends**



**Freshen up your body and clean room**



**Follow the dress code given if possible**



**Wish your family by saying VAAZHGA VALAMUDAN**



**Login on-time**

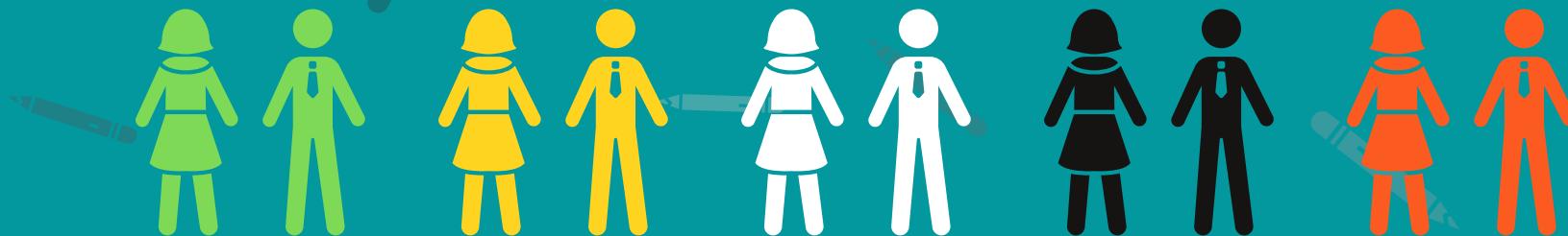


**Do your physical exercise**



**Complete all your activities.**

# DRESS Code



MERCURY  
DAY

JUPITER  
DAY

VENUS  
DAY

SATURN  
DAY

SUN DAY

NOT MANDATORY

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# WORKSHOP SCHEDULE

TIME	MERCURY DAY	JUPITER DAY	VENUS DAY	SATURN DAY	SUN DAY
10.30- 10.40 A.M	AARAMIKALAMA?	KURAL TWEET	KURAL TWEET	KURAL TWEET	KURAL TWEET
10.40-11.05 A.M	KAI VEESAMMA KAI VEESU	NEURO-ON	KANNANA KANNE KANPAIYIRCHI SEIYA VAAA	S.P.E EMERGENCY	SIMPLY SUPERB
11.05-11.25 A.M	5-BOOTHA- THANTHIRAM	UDALIN ISAI KETKALAM	EN SWAASA KATRE	KUTTY KUTTY AASAI	GREATNESS OF GURU
11.25-11.30 A.M	VAANGA SINDHIKALLAM	JUMP ON JUPITER	VELLI THIRAI	YOU TURN TO SATURN	SURIYAN
11.30-11.55 A.M	AAL,AADAI PAADHI, KOL PAADHI	KAIYALA KAALA PIDI	ANGER TRACKER	BLESS PANNA +	DIGI DISCIPLINE (PARENTS)
11.55-12.05 P.M	KURAL TWEET	SENJIRALAAM	VIDHAIPOMA?	VAIYURUKKU VAAI IRUNDHAA	MALARUM.....



**KURAL DAY -1**

**KURAL DAY -2**

**KURAL DAY -3**

**KURAL DAY -4**

**KURAL DAY -5**

# SOLAR-USHA R

Instructions: Correctly label all the planets. The names of the days they are related to

MERCURY

VENUS

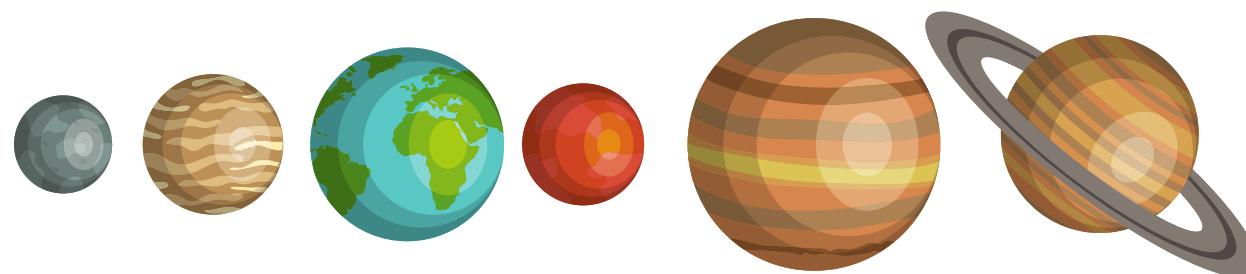
JUPITER

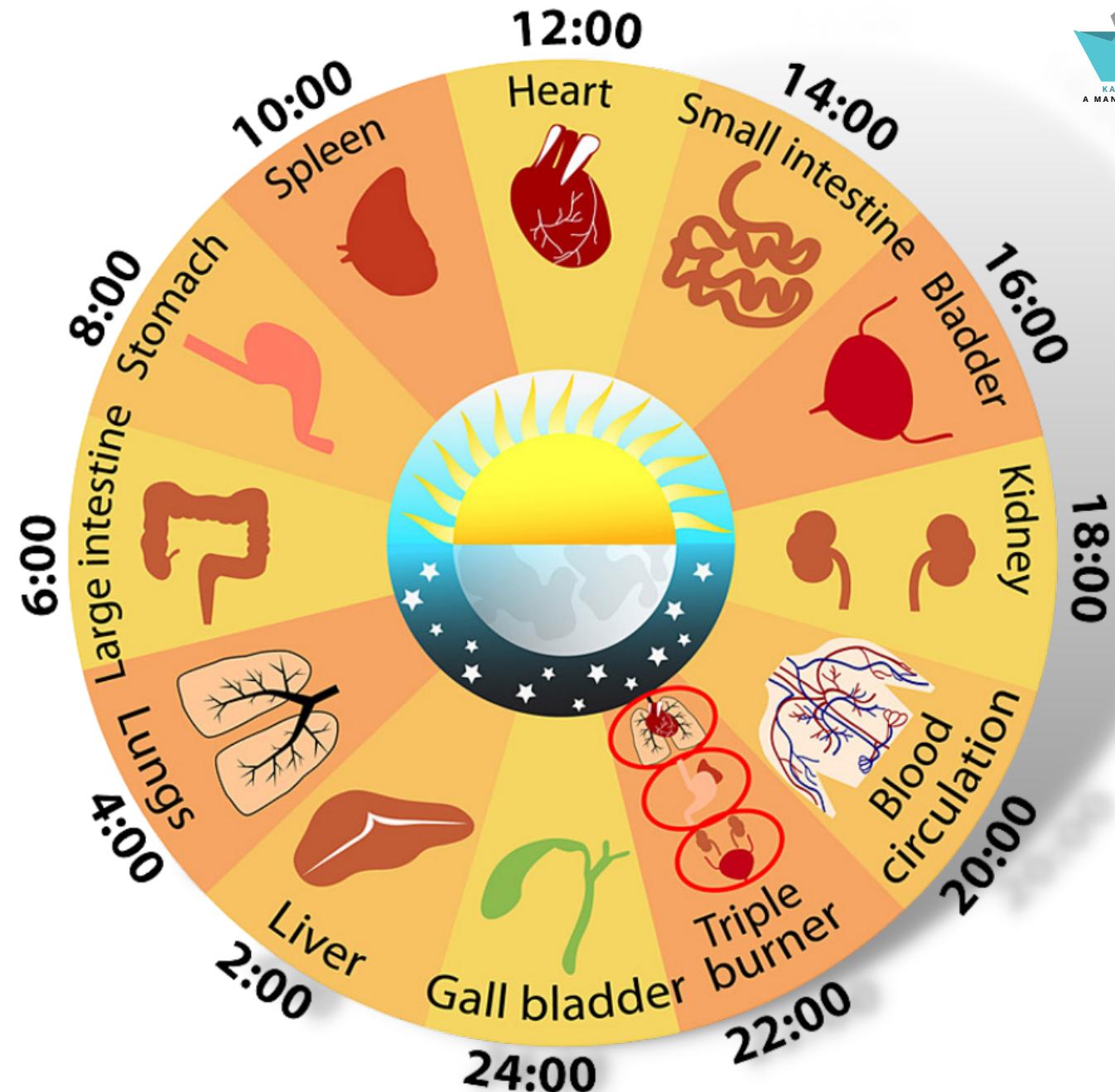
SATURN

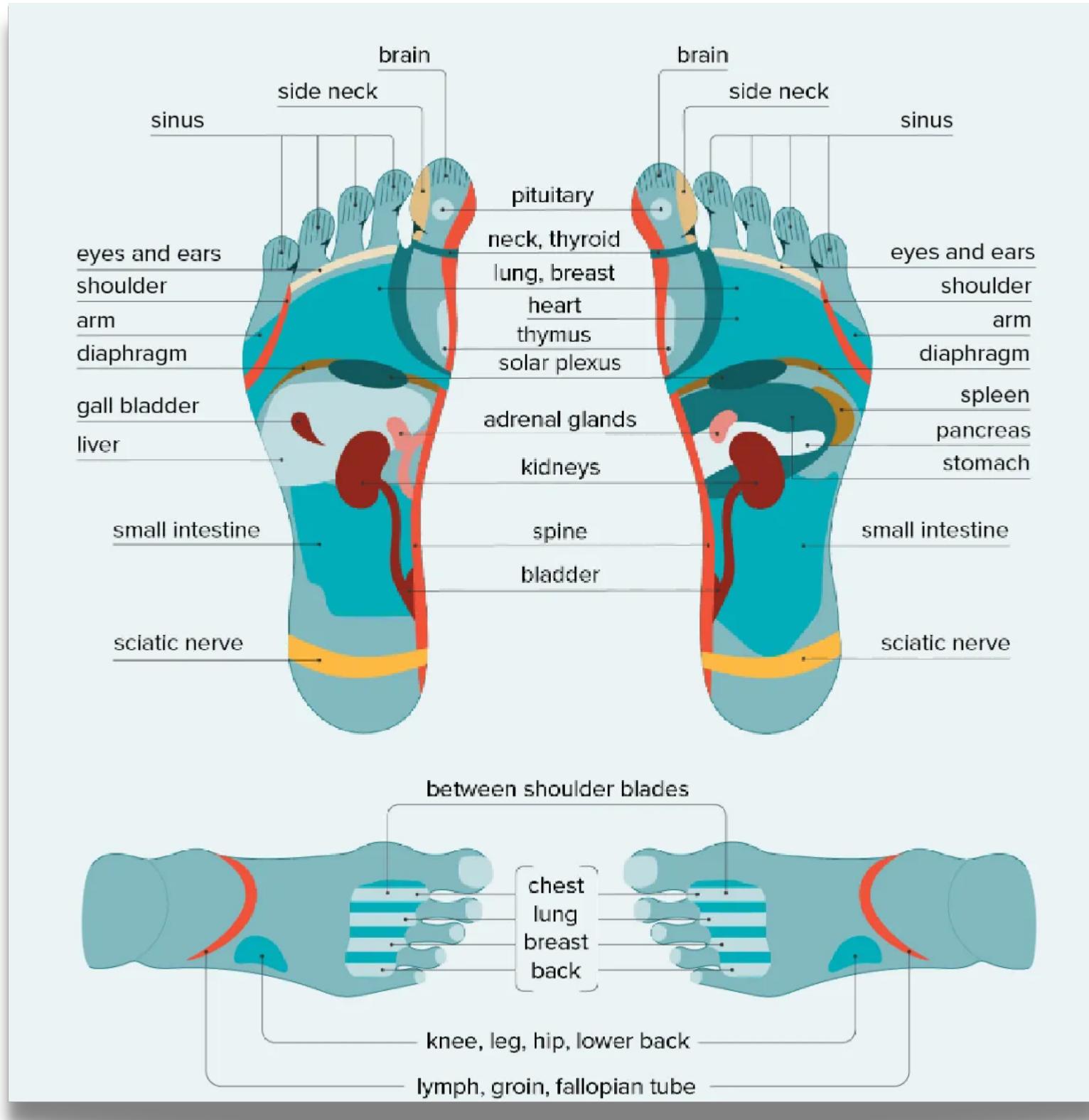
SUN

MOON

MARS



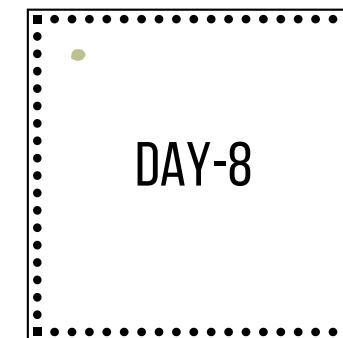
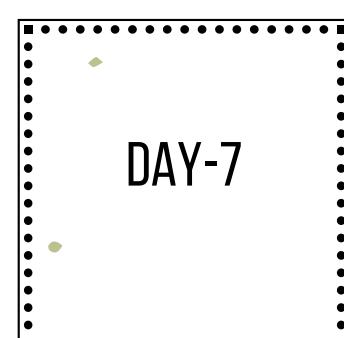
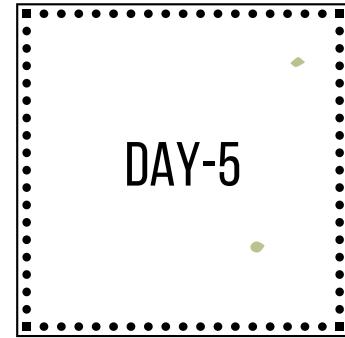
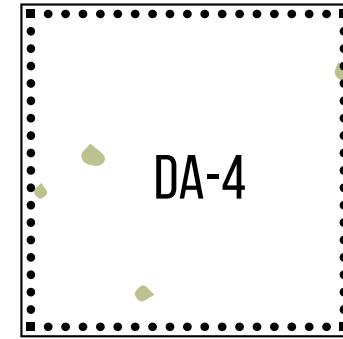
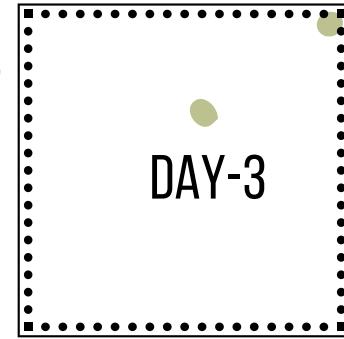
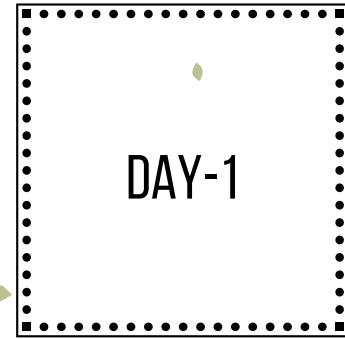






# PLANT A SEED & SNAP THE DEED

PLEASE STICK THE PICTURES OF YOUR SAPLING



# cool as a CUCUMBER

I'm angry with

They're my

Why am I angry?

What did I do?

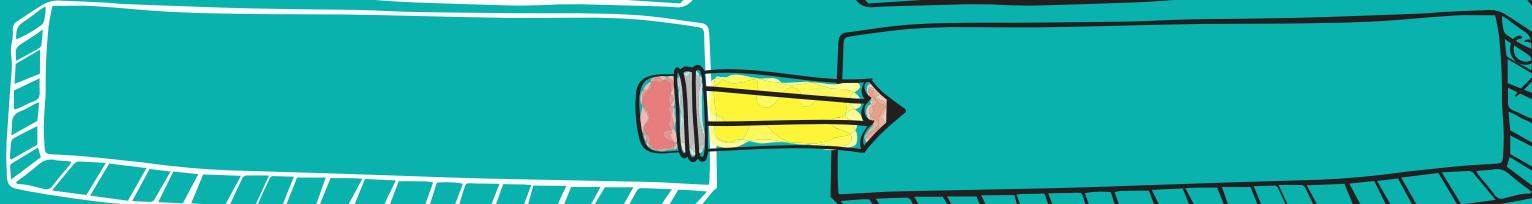
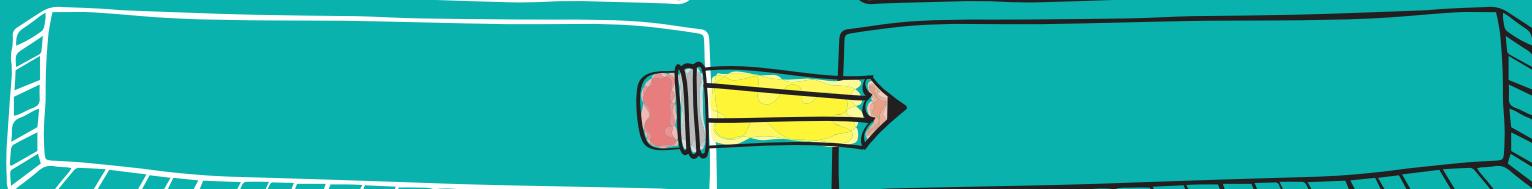
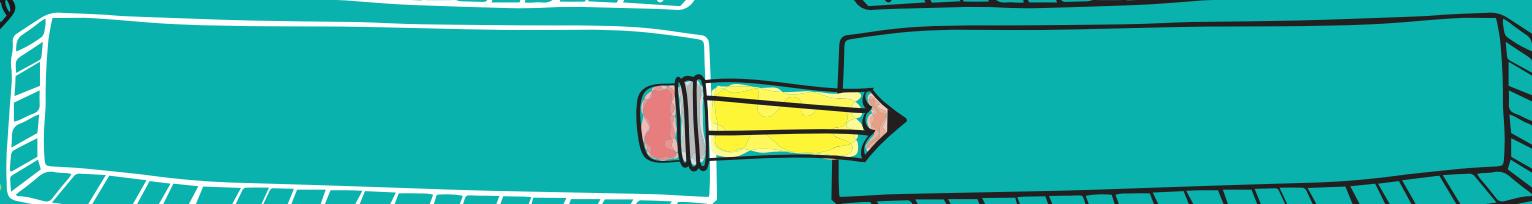
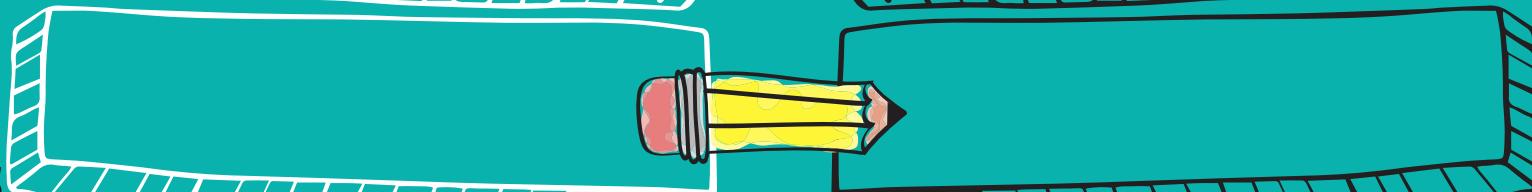
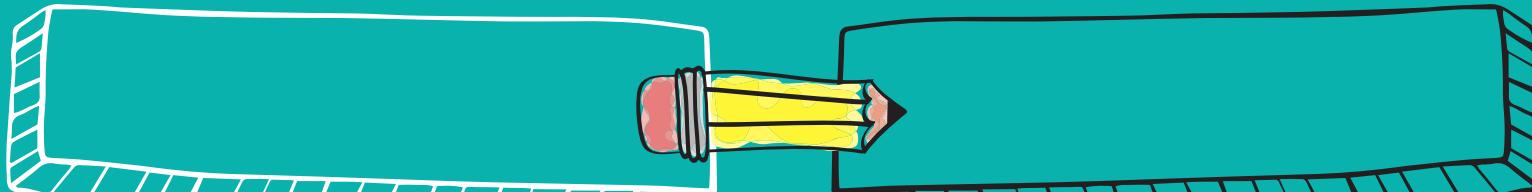
What should  
I do?

# Cause

The cause is the reason something happens

# Effect

The effect is the result of what happens



நல்லதோர்  
உணவினை  
நமக்கே அளித்தோர்  
வாழ்க வளமுடன்



DO NOT FORGET TO EAT LESS &

**BLESS**

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# DRAWING CHALLENGE

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*Replicate*  
OUR GURU AS GIVEN

