

Yoga

Yoga has been an integral part of Health and Physical Education that has been a compulsory subject .

Both yoga and physical education contribute to not merely the physical development of the child but have a positive impact on psycho social and mental development as well. Playing group games have a positive impact on individual self esteem, promotes better interaction among children, imparts values of co-operation, sharing and to deal with both victory and defeat. Similarly yoga practice contributes to the overall development of the child and various studies have shown that it contributes to flexibility and muscular fitness and also corrects postural defects among school children.

Today's students face tremendous pressure to achieve within a world that is often overwhelming. The tools of yoga and mindfulness offer proven methods of developing the inner resilience needed to navigate physical, mental and emotional stress. Bringing these practices to your school or community organization is a simple way to support making your students' lives healthier, and can increase their capacity to learn effectively, manage challenging emotions, self-regulate behavior, and achieve personal and academic success.