

DMS P.OBUL REDDY PUBLIC SCHOOL

TERM – I JUNE-SEPTEMBER (2016-17)

CLASSES – IV & V

K. ANNAPURNA

YOGA



*Increased flexibility.
Increased muscle strength and tone.
Improved respiration, energy and vitality.
Maintaining a balanced metabolism.
Weight reduction.
Cardio and circulatory health.
Improved athletic performance.
Protection from injury.*

Through the Yoga Club, we teach the students how to perform Yoga and improve their concentration and observation skills, goal setting, agility, hand and eye co-ordination, discipline, how to deal with triumph and defeat



Students learnt various Yogic postures and their benefits. They were able to improve remarkably their concentration and sitting tolerance.



Students feeling rejuvenated after the meditation session during the club.

We are looking forward to continue this tradition even during the next academic year.