

# DDMS P.OBUL REDDY PUBLIC SCHOOL

CLASSES – I to III

TERM – I

June-September (2016-17)

## YOGA

*Yoga is a group of Physical, mental, and spiritual practices or disciplines which originated in ancient India.*

*Yoga, as a disciplined method for attaining a goal; Yoga, as techniques of controlling the body and the mind; Yoga, in connection with other words, such as "hatha-, mantra-, and laya-," referring to traditions specialising in particular techniques of yoga; Yoga, as the goal of Yoga practice."*

***Meditation** is a practice where an individual trains the mind or induces a mode of consciousness, either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content, or as an end in itself.*

*The term meditation refers to a broad variety of practices that includes techniques designed to promote relaxation, build internal energy or life force (qi, ki, prana, etc.) and develop compassion, love, patience, generosity, and forgiveness. A particularly ambitious form of meditation aims at effortlessly sustained single-pointed concentration<sup>[4]</sup> meant to enable its practitioner to enjoy an indestructible sense of well-being while engaging in any life activity.*



*In the months of **June-July**, students were taught benefits of meditation like calm mind, good concentration, clarity of perception, improvement in communication, blossoming of skills and talents, an unshakeable inner strength, healing, the ability to connect to an inner source of energy, relaxation, rejuvenation, and good luck are all natural results of meditating regularly.*



*In the month of **August and September** students made how to sit in the meditation positions because Meditation can relax our **stress** – conscious and unconscious – and give us the **sense of comfort and stability** that every human being craves. Meditation is the greatest grief-counselor.*