

New Changes adopted in our school in connection AEEES guidelines

Mass PT in School for Children for following:

1. Exercise Improves Memory Retention
2. Exercise Increases Focus and Concentration
3. Exercise Boosts Mood for constructive work
4. Exercise Relieves Stress and strain
5. Improves endurance
6. Exercise develops muscular strength and mental strength improves coordination of various visceral organs
7. Develops confidence, courage and conviction.
8. Generate power and energy.

Yoga practice for children for ensuring for following:

1. Develops body awareness.
2. Learn how to use their bodies in a healthy way.
3. Manage stress through breathing, awareness, meditation and healthy movement.
4. Build concentration.
5. Increase their confidence and positive self-image.
6. Various exercises of yoga propagates the concept of oxidation of toxins and throwing them out which sharpens the mind of the children and increase the saturation limit of brain.
7. The students getting admissions from other CBSE affiliated schools or other boards, their TC are uploaded on CBSE portal.