

YOGA is a scientific system of physical and mental practices that originated in India more than three thousand years ago.... It encourages self-esteem and body awareness with a physical activity that's non- competitive..... Doing Yoga, students exercise, play and connect more deeply with the inner self. In these days, children are exposed to a lot of stress- increasing homework, projects and peer pressure.

How does Yoga help the kids?

Yoga can help kids to cope with daily pressure by enhancing self awareness. Yoga increases coordination and balance, improves strength and flexibility and helps build concentration.

Knowing the benefits of yoga, we are very eager to teach our kids basic yoga poses so that we can do yoga together. We the family of CHILD'S WORLD/ SCHOLAR'S HIGH had organized yoga week from 19th june to 21th june. During those days we had tried to teach them different kind of basic yoga poses and meditation which enhance the concentration and physical strength.

- **On 1st day we have taught them Breathing technique- It benefits in Detoxification, De- stress and calming effects.**
- **2nd day- Meditation + Pranayam- Less stress, more focus and better sleep, relive stress, Improves blood circulation.**
- **3rd day- Tratak- Purifies the eyes, strengthens the eyes muscles and improves vision and memory**
- **Last day- Surya namaskar- improves physical strength, digestion etc.**

As per days we have learnt new yoga poses and revised the previous.

Why plantation is essential?

As we all know trees make oxygen and release it which is essential to alive. When we plant trees, it gives shade for ourselves and local wildlife.

वृक्षारोपण वातावरण को 'शुद्ध बनाने और संरक्षित करने में सहयोग प्रदान करता है। यह मिट्टी संरक्षण तथा संपूर्ण वातावरण को लाभान्वित करता है।

IMPORTANCE OF PLANTATION:-

- **REDUCE THE TOXIC GASES.**
- **Provides medicines from medicated plant such as basil(tulsi), neem, mint, turmeric etc.**
- **We also get Food , fibers, timbers and shelters.**

वातावरण में उत्तपन्न होने वाले जहरीली गैसों के अवशोषण में वृक्षारोपण अत्यंत लाभकारी है । कहते हैं- एक वृक्ष सौ पुत्र समान । इसलिए जितना हो सके वातावरण को नियंत्रित करने के लिए हमें ज्यादा से ज्यादा वृक्षारोपण करना चाहिए ।

Finally we have try to make an effort for a good health and clean and green environment. In school we have organized plantation week from 1st july to 6th july. During these days we have motivated children for plantation and they have planted different kinds of saplings. We have also encouraged them for plantation by organizing it on competition level such as collage competition. Last day we have come out in rally in the street of our locality to create awareness. We have put our best efforts and now we expect cooperation from you as responsible parents to encourage the children consistently. We will happy to know your concerns. Thank you. In the mean time please take out time to fill this.

Name		Class
Father's Name		Mobile No.
1 Do you observe that your child needs correction for body posture		
He sits absolutely straight	Corrects when given reminders	Needs corrections often
2. Does your child enjoys Yoga daily?		
Yes, everyday	Rarely enjoys	Don't take interest
3. Does your child accompany you while exercising?		
Yes, everyday	Rarely enjoys	Don't take interest
4. Does your child discuss the benefits of yoga with you ?		
Takes interest in sharing	only when asked	never
5. Does your child motivates his friends or relatives for Yoga ?		
Everytime ,when he meet them	Sometimes, not regularly	Not interested at all
6. Has he ever joined yoga camps besides those conducted at school ?		
Many times	1-or 2 times	None
7. Did he /she enjoy the sessions that were held here ?		
Was very excited	Was feeling forced	Did not want to attend
8.Does your child encourage you to plant trees and takes interest in taking care of the plants?		
Yes, he helps me in watering the plants	Only if insisted	No, not at all
9.Does your child motivates other people in the neighbourhood for plantation of trees?		
Takes interest in telling them the benefits	Only when he Watch his friends doing the same	Not interested
10. How your child manage if he has to cover the short distance?		
Walk by foot	By riding Bicycle	Always by Car

Everyday we come across numerous facts related to environment. We already know about the importance of environment, its effect on our health and daily life, and the consequences of the present constant environmental changes. Parents themselves know its value but still they fail to stop their children from wasting the resources. Children need to be aware about why is it important? Why it matters so much? The simplest explanation about why the environment matters is that, as humans, **the environment – the Earth – is our home. It is where we live, breath, eat, etc.** Our entire life support system is dependent on the well being of all of the species living on earth. **Air, water, soil, food, etc required for survival are acquired through the environment.** Human beings utilize the natural resources for development of civilization of human beings. For increasing the standards of the quality of human life, man uses the environmental resources in different sectors of development activities. Plants and animals are also dependent upon the environment. **Hence, all the natural processes such as survival, reproduction, growth and development, etc of living organisms are done under the environment.** आनेवाली पीढ़ी है प्यारी, तो पृथ्वी को बचाना है हमारी जिम्मेदारी.

HERE ARE A FEW DO'S AND DON'TS THAT PARENTS NEED TO TEACH THEIR CHILDREN AND APPLY THEMSELVES TOO.

- 1.** Plant as many trees as possible everyone needs to plant trees in their garden or terrace so that more and more fresh air could be generated.
- 2.** Avoid bikes, cars and other vehicles for travelling to short distances to avoid pollution. Instead, they ask their children to use bicycles or walk and try to walk too.
- 3.** Parents should make sure that children close the tap after use and avoid wasting water themselves.
- 4.** Applying the 3r principles i.e. Reuse, recycle and reduce. Reusing the poly BAGS and other such materials. Recycling plastics and papers and reducing the wastage.
- 5.** Using alternate sources of energy such as nuclear energy, wind energy and solar energy.

6. Limited uses of non- renewable resources such as metals, coal, petroleum and natural gas is necessary as we may run out of these resources.
7. Harvesting rain water and using it for different household purposes such as washing clothes and utensils etc.
8. Plants, animals as well as resources need to be protected to maintain the ecological balance on the earth.

पेड़पक्षियों और जानवरों को भी आश्रय प्रदान करते हैं। गर्मी के दिनों में वे तेज़ सूरज की किरणों से या त्रियों को राहत देते हैं। पेड़ हमारे ग्रह को रहने लायक बनाते हैं। हालाँकि पेड़ों द्वारा हमें कई प्रकार के लाभ मिलते हैं और हम उनके बिना हमारी ज़िंदगी की कल्पना नहीं कर सकते पर फिर भी हम उन्हें विभिन्न आवश्यकताओं को पूरा करने के लिए तीव्र गति से काट रहे हैं।

We as an institute can only advise you on the importance of healthy upbringing. Parenting is a unique responsibility with no set formulas to fit the bill but the habits that are imbibed today will be responsible for a healthier tomorrow. So let's just not choose to take up the convenient path but the correct oneWe request you to take out time from your busy schedule to share your feedback with us . We will be happy to hear any suggestions on the given topic .

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3. How your child manage if he has to cover the short distance?		
Walk by foot	By riding Bicycle	Always by Car
4. .After leaving the room, does your child turn off the lights and fans ?		
Always alert	Needs reminders	Never, shows ignorance
5. How does your child utilizes the waste material ?		
Uses it for crafts and recycling	Throw it in the dustbin	Never try to reuse it
Any such topics or activities that you want us to discuss with the children or suggestions for the same		

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