



## **ACTION FOR HEALTHY KIDS**

**(A FUN YOGA SESSION WITH CHILDREN ON INTERNATIONAL YOGA DAY)**



Children spend most of their time shunting between homework and school related extra-curricular activities. There's little time for free play. They face over stimulation; distractions; and academic and peer pressure too early in life. Plus they're plagued by their own insecurities and fears. Yoga can help children deal with this pressure-cooker environment. And infuse energy and confidence into their personalities.

On International Yoga Day the world is abuzz with the benefits of yoga. While for the educated and the privileged it is easy to access yoga camps and yoga studios, the real challenge is to spread awareness about yoga among the marginalized. Our NGO has been decided to do exactly that. In their mission to educate underprivileged children, they have also included Yoga as an important part of their education plan.



**Yoga**, being a catalyst to mental well-being embodies the unity of mind and body. It helps to instill confidence and to bring learning to children on an experiential level.

Star Wellness and Care Foundation conducted a Fun Yoga Session for the Parkshala students with great enthusiasm and vigour as they performed various sitting and standing asanas. The benefits of the postures were narrated by the yoga teacher side by side as children performed with the instructions. Happy to share that more than 80 children were participated in this session.

Parkshala is a Noida-based NGO dedicated to transforming lives of children who hail from the lower strata of the society. They provides free education to the underprivileged community children and supported around 750 students. We are always finding this kind of NGO who support underprivileged section and we trying to focus mainly on the healthcare, empowerment and education.

Seeing the initial response of the kids, the NGO is confident that not only will the children benefit from the yoga classes but will also retain the values of discipline and a healthy living. It's not only important for us to teach these kids but also to take care of their physical and mental well-being. Our team believes that conducting regular Yoga classes will help in overall personality development of both volunteers as well as kids".



Yoga, as a form of exercise, is considered extremely beneficial and has been proved to boost overall academic performance in students. In 2009, International journal of Yoga, conducted a study on 300 students about the effects of yoga on stress levels in adolescent students and found that after seven weeks of practicing yoga asanas, breathing exercises and meditation, stress levels lowered in students. The academic performance also improved for the students who participated in the study.

Although yoga can benefit children's well-being in many ways, this article mainly focuses on the effect that yoga can have on stress and anxiety levels in children. After a tremendous disaster, anxiety is a major disorder having significant impact on a child's behavior in the classroom, their ability to focus, their overall physical health and well-being.

In future we are always get in touch with these organizations who supports underprivileged section of our society so that we can help and promote free healthcare services for them as well as providing them free education and empowered them to face the challenges and becomes self dependent.