

SUMMER CAMP-2019



A summer camp is a supervised program for children or teenagers conducted during the summer months in THE SCHOOL. Children Are waiting for this and finally it came in the month of may.

At DAVPS, NTPC Dadri we focus on overall development of child using all possible means of activity and tools and we use this time to strengthen the bounding in between school and children's so that they can learn the activity as well as enjoy the stay in school.

The primary purpose of many camps is educational, athletic, or cultural development. A summer camp environment may allow children to learn new skills in a safe and nurturing environment.





DANCE STEPS BY CHILDREN



A CLOSE INTERACTION WITH ENVIRONMENT



**A SMILE ON EVERY FACE SAYS THAT WE
ACCOMPLISHED OUR TASK**



FUN WITH YOGA

Yoga is a great way to work on your flexibility and strength. Just about everyone can do it, too -- Some types of yoga are about relaxation. In others, you move more. Most types focus on learning poses, called asana. They also usually include attention to breathing. Yoga poses work by stretching your muscles. They can help you move better and feel less stiff or tired. Some styles of yoga, such as asthenia and power yoga, are very physical. When you're stronger and more flexible, your posture improves.

Most standing and sitting poses develop core strength, since you need your core muscles to support and maintain each pose. Yoga also helps your body awareness. That helps you notice more quickly if you're slouching or slumping, so you can adjust your posture. Yoga usually involves paying attention to your breath, which can help you relax. It may also call for specific breathing techniques.



You may feel less stressed and more relaxed after doing some yoga. Yoga has long been known to lower blood pressure and slow the heart rate. A slower heart rate can benefit people with high blood pressure or heart

disease, and people who've had a stroke. Yoga has also been linked to lower cholesterol and triglyceride levels, and better immune system function. At DAVPS NTPC DADRI we understand the need of yoga in daily life and we included it as a compulsory activity during summer camp and we try to make it as a regular practice during general school days.

