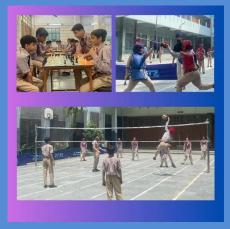


"Physical fitness is not only one of the most important keys to a healthy body, but also the basis of dynamic and creative intellectual activity." At SGNPS, we truly believe that a healthy mind resides with in a healthy body.

Excellent sports facilities for the following games under the guidance of professionals

- 1. VOLLEYBALL
- 2. TABLE-TENNIS
- 3. CHESS
- 4. THROWBALL
- 5. BADMINTON
- 6. GATKA
- 7. YOGA
- 8. BASKETBALL
- 9. RECREATIONAL ACTIVITY



VOLLEY BALL

•Better eye-handcoordination. •Reduce the stress and anxiety levels. •Improves muscle and nerve coordination. •Improves speed and agility. •Keep a Toned Body. ...





TABLE-TENNIS



•Improves hand-eye coordination. •Mental alertness, concentration, and tactical strategy. •Develops mental acuity. •Improves reflexes.





• Raises IQ. •Exercises both sides of the brain. •Increases creativity & problem-solving skills. •Improves memory, reading skills & concentration.





As with any high intensity sport, there are many cardiovascular benefits of Throw ball. They were also taught to play without pushing and juggling the ball also releasing it within 3 seconds. This boosts their aerobic capacity, energy levels and metabolism, which in turn helps kids concentrate more in school.

BADMINTON



•Total Body Workout. •Improves Mental Wellbeing & Heart Health. •Increases Life Expectancy. •Improves Mobility.



•Tones and stretches muscles of eyes during constant gazing on the opponent thereby boosts attentiveness and concentration of mind and vision. •Gatka teaches self-defense. Not necessarily to fight back, but at least to defend or react in the best possible manner.

YOGA





•Reduces Stress &Anxiety. •Improves Memory, Flexibility, Balance & Posture. •Helps To Manage Weight. ... •Teaches CorrectBreathing Techniques & Promotes Mindfulness. • Encourages Self-Love & Self-Care.

BASKETBALL



•Builds bone strength. •Boosts the immune system. •Provides strengthtraining. •Boosts mental development. •Develops better coordination & motor skills.

GROSS-MOTOR

GKILLG

