

# SPORTS

"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 within 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



## VOLLEYBALL

- Better eye-hand coordination.
- 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.

# CHESS



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



# THROWBALL



**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.

# GATKA



- Improves muscle tone and strength.
- 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 Correct Breathing Techniques & Promotes Mindfulness.
- Encourages Self-Love & Self-Care.



# BASKETBALL



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

# RECREATIONAL ACTIVITIES



## LUDO

## CARROM



## GROSS-MOTOR SKILLS