

Science of Self

Science of Self offers a whole and complete approach to integration of the mind, breath and the body for the most optimal human experience. This course comprises eight elements that are focused for child's 360° degree Development which are as follows

- Yoga
- Meditation
- Nutrition
- Environmental Education
- Agricultural Education
- Practical Science
- Sports
- Rules & Regulations

Our main objective for introducing Science of Self to the students is to create an environment where students not only receive educational excellence but also become Mindful, Spiritually Awaken and more aware of the self and their surroundings.

This course aims to improve student mental health by teaching students to balance success and failure which yields a very positive effect in the management of stress in adolescents. It also helps in improving concentration, reducing anger among children, teaches them to be grateful, align their chakras, and improves positivity in kids.

Through this course children develop key life skills, including an ability to communicate effectively, remain organized and focused, and even form their own opinions based on observation. The innovative practices involved in the program also helps children develop their senses and overall awareness and teaches some important life lessons, such as teamwork, accountability, self-confidence, responsibility, and self-discipline.

It also promotes critical and creative thinking skills and inspires kids to become more engaged with their communities. Through this course we also focus on knowledge sharing mechanisms on critical areas including protecting natural resources, productive farming processes, nutritional needs, nutrition and household health.

Nature in Us

Through Nature in Us we aim to introduce the wonders of Nature i.e. everything that human beings needed to survive, and thrive, such as food, water, medicine, materials for shelter, and even natural cycles such as climate and nutrients, to the children in such a way that it preserves the essence of the magic in these wonders.

This program is designed for the students of standard 1st to 5th and it aims to enhance creativity, and individuality of each student by providing them a blank canvas to write their observations without the care for it being right or wrong.

It's a unique way of explaining our surroundings in a simpler yet creative manner so that the children not only learn about how the world around us function but also admires the diversity present in our world. It's a unique way of explaining our surroundings in a simpler yet creative manner so that the children not only learn about how the world around us function but also admires the diversity present in our world.