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Yoga plays an important role in the mental and physical fitness of our body. For me - the yoga which was thought by Shri Ravindra Reddy. I had many ambitions in my life. I wanted to grow my weight and my lips were very much big, that to of lower side he gave me some informations about how to decrease its weights. whenever I was reading my mind was not concentrating on the subjects after doing the yoga what our Sir had thought, now I am able to concentrate on my subjects and now onwards I am also able to keep my rank in first position in academics. The yoga which was thought by Ravindra Reddy for reducing number of pimples on the face has brought tremendous change in my face. I have also taught these yogas to my sisters and my family members. Coming of Ravindra Reddy Sir to our vidyalaya - ya has brought tremendous change in our vidyalaya.

So, I hope that yoga is the best medicine for the body. Daily practising of yoga leads to a highly peaceful life. At last I thank our school principle Shri P. Ravi for conducting Yoga test and counselling in our vidyalaya.

9th student