



## Club Project Spotlights:

This month, our young Dietician Club explorers investigated the role of specific yoga postures in enhancing gut health and supporting healthy digestion. Through careful research, students studied traditional yogic asanas, understood their physiological impact on the digestive system, and connected posture, breathing, and mindfulness with improved metabolism. The project highlighted simple, evidence-based yoga practices for daily wellness.

### BRIDGE POSE



- Improves posture
- Strengthens the back
- Improves blood circulation
- Enhances digestion
- Reduces stress and anxiety
- Improves mood

### LOTUS POSE



- Improves flexibility
- Strengthens the core
- Stimulates digestion
- Reduces stress and anxiety
- Increases concentration

### CHAIR POSE



- Builds Balance & Stability
- Improves Core Strength
- Burns Calories
- Strengthens the Legs
- Improves Digestion

### BOW POSE



- Improves flexibility and posture
- Strengthens the back, core and leg muscles
- Aids digestion
- Relieves stress and fatigue
- Helps alleviate back pain and menstrual discomfort

### PLOW POSE



- Improves flexibility & strength
- Relieves back pain
- Improves digestion
- Calms the nervous system
- Improves sleep
- Reduces anxiety

### GARLAND POSE



- Increases lower body flexibility and strength
- Improves digestion
- Relieve lower back tension
- Improves posture
- Reduces stress & boosts calm

### BOAT POSE



- Strengthens the core & tones the legs
- Improves balance and stability
- Boosts digestion
- Enhances focus

### LEGS UP THE WALL POSE



- Relieves Stress
- Reduces Fatigue
- Aids Digestion
- Stretches Lower Back
- Improves Circulation

## Student Voices :

Students shared that they were astonished to discover that over 65% of surveyed adults struggle with digestive issues, showing the immediate real-world value of our nutritional work. The project revealed the easy and comfortable stretching exercises that are scientifically powerful, easy-to-implement solutions for gut health as well as an active metabolism boosters for our body.

# Project Report and Skill Development

## DEEPER DIVE

RUMINDER KAUR- 13/1/2026



### Project Goals:

1. To increase understanding of the different yoga poses.
2. To identify traditional yoga asanas to promote gut health.
3. To successfully ease the bloating and indigestion.
4. To use basic exercises and yoga solutions for wellness.

### Process/ Steps:

1. Students researched various basic yoga asanas.
2. Explored various poses to release gas and acid reflux.
3. Prepared the posters of morning yoga routine.
4. Tried rhythmic breathing exercises to calm digestive system.

### Skills Learned :

1. They tried and experienced basic body stretches for healthy gut.
2. Deepened understanding of breathing exercises and yoga asanas.
3. Mastered healthy modifications to the digestive issues.

### Challenges and solutions:

The challenge was to perform each yoga pose with the correct posture and understand the science behind it. Students overcame this by researching how each pose works in the body, which helped them practice with confidence.



### Meet the Team :



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