

# Evaluation Report: Yoga Intervention at South Wigston High School

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## Programme Overview

A five-week yoga intervention was conducted at South Wigston High School targeting girls identified as anxious or vulnerable in Years 7 to 9. The programme aimed to assess the benefits of yoga on emotional wellbeing, stress management, and physical vitality. Pre- and post-intervention evaluations were collected and analysed to measure changes in key psychological and physiological indicators.

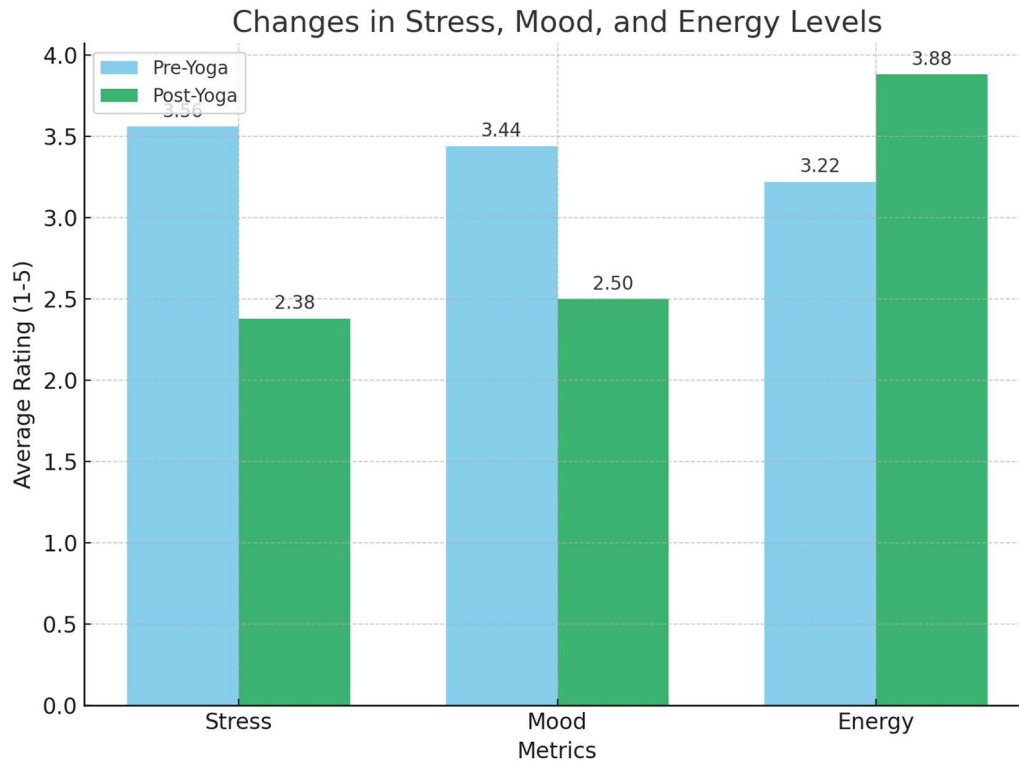
## Participant Profile

The cohort consisted of students who self-reported varying levels of prior experience with yoga. Participants completed standardized questionnaires before and after the intervention.

## Quantitative Analysis

Metric	Pre-Yoga Mean	Post-Yoga Mean	Change
Stress	3.56	2.38	↓ 1.18
Mood	3.44	2.50	↓ 0.94
Energy	3.22	3.88	↑ 0.65

- Stress Levels: Students reported a significant decrease in stress (from 3.56 to 2.38 on a 5-point scale), suggesting enhanced coping mechanisms and emotional resilience.
- Mood: A reduction in mood scores indicates improvements in emotional wellbeing.
- Energy Levels: An increase in energy suggests greater physical engagement and reduced fatigue.



### Qualitative Insights

- Many students noted improvements in sleep, focus, and emotional regulation.
- Responses to questions such as "How well do you handle stress now?" showed a shift from "Not well" to "Okay" or better.
- Several participants expressed a desire to continue the sessions, citing benefits such as feeling calmer, better sleep, and increased focus.

Sample Comments:

- "I feel calmer and more in control of my feelings."
- "Yoga helped me sleep better and manage stress."
- "I'd like to continue because it made me feel relaxed and happier."

### Conclusion

The five-week yoga programme delivered measurable benefits across emotional, psychological, and physical domains. The significant reduction in stress and improvement in energy and mood underscore the value of integrating yoga into school-based mental health strategies. Feedback from participants also indicates strong interest in continuing the sessions, highlighting both the need and the impact of such interventions.