

Executive Summary:

Impact of the AŠVA Program at the Washington Nationals Youth Academy

Introduction

The AŠVA Program, implemented at the Washington Nationals Youth Academy, aimed to enhance the behavioral health and mental wellness of 3rd to 8th graders through yoga, breathing, and meditation techniques. This report presents the program's positive impact over a five-week period, highlighting improvements in physical well-being, mental well-being, emotional stability, ability to focus, sense of enjoyment, and energy levels.

Methodology

- **Data Collection:** Weekly surveys assessed students' well-being across six categories.
- **Scoring:** Responses were assigned numerical values: 1 for "Not at all", 2 for "A little", 3 for "Good", and 4 for "Very Good".
- **Analysis:** Average scores for each category were calculated weekly to track progress.
- **Note:** Due to the unavailability of data for the first week, **Week 1 has been treated as Week 0 (baseline) for this analysis.** This approach ensures consistency and allows for a clear demonstration of the program's impact over the subsequent weeks.

Key Findings:

32.3%

Physical Well-Being

27.6%

Mental Well-Being

31%

Emotional Stability

33.2%

Ability To Focus

18.1%

Sense of Enjoyment

18.1%

Energy Levels