

GAMES AND SPORTS ACTIVITIES

These activities aim at physical, mental and emotional health of the students and developing desirable attitude and practice with regard to nutrition, health and sanitation. Sports and games activities cultivate basic qualities like endurance, courage, decision making, resourcefulness, respect for others, truthfulness, loyalty to duty and concern for the common good.

Proposed activities:

- 1) Inter House competitions in sports and games as per calendar.
- 3) Yoga practices in morning assembly.
- 4) Activities to be coordinated with physical and Health Education.
- 7) Display of gymnastics on the occasion of some events/celebrations.