

## BEYOND THE GAMES: SPORTS AND FITNESS

“Mind and body are not separate, what affects one affects the other”

We have been educating our students to adopt the core values of Olympics, based on SDG 3, 4 and 5 (Health and Wellbeing, Quality Education and Gender Sensitivity respectively) i.e., Fair-play, Respect, Excellence, Friendship and Joy of Efforts along with the aim of inculcating prudence and equity. Students of senior classes had taken part in the online quiz activity 'Road to Tokyo', organized by SAI through the myGov.in portal to find out about the myriad Indian athletes and their performances in the current Olympic Games.

