

## SPORTS SKILL CHALLENGE

“A healthy mind dwells in a healthy body.”

The fitness and health of students had been at stake during the pandemic. Hence in order to cope up with that Sports Skill Challenge, an Inter-House competition was organized for the students of classes IV to XII, from 8th to 29th July 2021. Students had to record videos of themselves playing their favourite sport or doing fitness activities. The purpose of the competition was to motivate the students to follow a healthy lifestyle and an active routine to maintain good health to avoid risks associated with passive regimes.

