

SPORTS

Over 150 students are reporting to school everyday since 17th August, 2020. Fitness activities such as road running, circuit training and yoga sessions are being conducted for those interested, following all safety protocols and procedures.

- The Sports instructors have been sharing videos with students, wherein they are performing easy-to-do exercises and yoga with the aim to help students and their family members to stay fit and healthy while at home.

A live sports class is also conducted every week across the school. These sessions help students to become mentally alert and disciplined, thereby boosting their academic performance.

- **ROPE SKIPPING** - 14th Delhi State Online Rope Skipping Competition 2020, organized by Jump Rope Association, Delhi, was held on 3rd and 4th October, 2020.

NAME	CLASS	CATEGORY	POSITION
Ahana Goyal	V	U-11 Girls	II
Vishwas Khandelwal	VIII	U-14 Boys	II