



1.Common Yoga Protocols- Selected students



2. Lectures on "Re-strengthening of the mind post pandemic"- Mental Fitness Activities for Students, Staff and Parents-----Class-IX (Time 3.00pm to 3.30pm)
<https://youtu.be/iUtijhduqoU>



Ashley Blessy Jose IX D and Madhumitha IX A

3. Open letter to Youth of the Nation on — Power of Fitness"- Class –VIII, X,XI and XII

1.Joshy K jose-

<https://drive.google.com/file/d/1Y9UqQghLob2JjU9ZolmTlLd9PbyNgazK/view?usp=sharing>

2.Siddharth-<https://drive.google.com/file/d/1LsUKa-n51RMrWvtxPtchUMTWVPP-k2Lt/view?usp=sharing>

4. Open mic on topics such as "Exercise is a celebration of what your body can do, not a punishment for what you ate" etc—Class-XII (Time 10.15am to 10.45am)

Lydia Jasmine, Logeshwari, Dharshini of Class XII A

