

RECREATIONAL (PICNIC + SPORTS)

INTRODUCTION

Recreational activities are vital for holistic development and well being It refers all those activities that individual choose to do to refresh his/her body and mind. Recreational activities are crucial for improving overall quality of life reducing these fostering social connections.

OBJECTIVES

- To promote physical, mental and emotional well-being of students and staff.
- To provide relaxation and relief from academic and work related stress.
- To encourage healthy use of leisure time pre develop positive life skills.
- To develop leadership qualities, discipline and cooperative behavior.
- To promote a balanced lifestyle and holistic development.

Teacher Incharge

Asstt. Prof. Mandeep Kaur 

Asstt. Prof. Dr. Leena Rai 

Asstt. Prof. Kiran Inder Singh 

Student members

Shelly (2484) 

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