Todays session was amazing, we learned a lot from Harshad regarding humorous Speech.

How to work on our speeches effectively.

And also, amazing memories shared by everybody regarding our childhood games.

As I said earlier , due to covid 19 we can’t go outside to play, we are not able to go on stadium for Sports Activity.

We can’t let children to play in garden, All the classes are now online classes. Sports lecture seems to be vanishe. Interest in sports activity is going down

To fight with Covid 19 two things are most essential

1. Positive environment
2. Immunity

These games which I have shared with you are able to increase the immunity and able to create positive environment with fun

Let’s start first with

Pittho/Laghori :- *The game develops bonding through interaction among people. Further, it teaches aiming skills and building strategies. We learn to compete as well as cooperate in a completely healthy environment.*

*Kho Kho :- This game helps us to develop important qualities such as discipline and loyalty. Further, due to body movements, it contributes to the physical well-being as well.*

*TipCat :- This game helps to develop cognitive behaviour and helps in building concentration power.*

*Steppo :- we learn and develop coordination and a sense of balance and introduce one to necessary social skills needed to handle argument or dispute through negotiation.*

*Bluff Mans eye :-* *It helps to hone sensory skills. Also, it prepares us to be alert in unusual circumstances and also helps to develop tactical sense.*

Make the chain :- It teach us the Value of Unity

Hoop Rolling :- Rolling forward with speed - balance and friendship" This game exercise our balancing skills and keeps us active in constant running pace which is instrumental in enhancing the cardiovascular health of the individual.

Apart from those benefits the most important thing is to have fun and spend a quality time with your family and take the benefit of WFH.

Having responsibility doesn’t mean we are old, let’s start playing games again and live your childhood once again with your family.

I will finish with two lines

