

SPORTS

Games and sports play a significant role in school curriculum, Sports are essential not only for the physical fitness and growth of a child but also for his mental growth. The importance of sports in education can be gauged by the way it helps in inculcating values such as dedication, discipline and responsibility in children, at the same time teaching them many relevant life lessons.

Keeping this in view Rawal Bal Shiksha Kendra focuses on the compulsory involvement of each and every child in various sports activities

SL NO.	INDOOR	OUTDOOR
1	AEROBIC	BASKET BALL
2	CHESS	VOLLEY BALL
3	CARROM	ATHLETICS
4	BADMINTON	GYMNASTIC
5		KHO-KHO
6		FOOTBALL
7		