

KIKANI VIDHYA MANDIR SENIOR SECONDARY SCHOOL, COIMBATORE

Day 02 : Free hands exercise for all

Exercise keeps memory and cognitive function and stimulates the release of growth factors, reduces stress and anxiety.



Stretching Exercise – Increase flexibility, improve posture and calms ones mind.



Mental Fitness Activities

Lecture by Psychologist about Fitness of Body and Mind.

School counselor addressing the students about the importance of sports as an integrated part of living healthy and balanced life



We also encourage students in mental fitness activities. Music helps to cope with emotions, improve long term memory and leads to brain development.

