

## Mass Drill

It is said “ Health is Wealth ” And no doubt we RMDiance aim at the total personality development along with equal importance being given to the physical development of the students.

Physical fitness is very important. This helps students to maintain their fitness, develop their muscular strength, increase their stamina and thus stretch their physical abilities to an optimum level. Physical fitness helps to inculcate the importance of maintaining a healthy body, which in turn keeps them happy and energized. Sound physical fitness promotes increased absorption of nutrients, better functioning of digestion and all other physiological processes and hence results in all round fitness.

We in RMD started the new academic year 2019 – 20 with a lot of enthusiasm and energy. On 10<sup>th</sup> April a mass drill of all classes (VI – VIII) was done. Students were excited to do running on the ground, by taking many rounds. Teachers were also not left behind. They were led by our Supervisor Mam, Archana Kadam Mam, thereby stressing that teachers also need to be energetic and set example for their students, to be always active. After this class wise exercises were performed. This leads to the inculcation of discipline in students.