

## CCA- GD on “ Importance of work out in our daily life” – September 01, 2017

Venue- B.Ed Classroom

Participants- Mainksha Lama, Reena Mishra, Anupama K.S, Shubham Kapoor and Ekta Chauhan

Group discussion open avenues for us to learn more. Students come across new facts about the topic. It involves exchange of ideas where many minds brain storm on a topic. It gives an opportunity to improve the students by enhancing their oral skills. Students of IEdS participated in group discussion on “Importance of work out in our daily life”. They discussed how can they generate a habit of working and avoid sedentary habits, importance of more and more work out during the day, managing time for work out of the busy schedule etc.





