



Delhi Public School Hathras

National Sports Day

CLASS-IX TO XII



August 29 -
National Sports Day

Hockey Legend
Dhyani Chand's
Birthday (August 29)
is Celebrated as
'National Sports Day'
in India





Contents:-

- **Meditation:-**

https://drive.google.com/file/d/1YCQX8D7mzu_oYpwFrkUwFlvZuqwdK4-55/view?usp=sharing

- **Introduction:-**

<https://drive.google.com/file/d/1Y66RQikRwmiBptIXl2zFYaxpNTDPvtFe/view?usp=sharing>





Contents:-

- **Thought:-**

<https://drive.google.com/file/d/1X7XDQKvOPkFZapTE2DhlYCHg52QTPkZj/view?usp=sharing>

- **Speech:-**

<https://drive.google.com/file/d/1YqH23dBAqK6fj6Okvt2k9rp0Bye3vPV9/view?usp=sharing>

- **Interesting Facts:-**

https://drive.google.com/file/d/1XJ2EutbxnCnJiZLRv53SvLehRkkx-E_e/view?usp=sharing





Contents:-

- **Free Hand Exercise:-**

<https://drive.google.com/file/d/1X7TXsLEBjsPKJDgKW7-cfuSOokZQ-wck/view?usp=sharing>

- **Yoga:-**

<https://drive.google.com/file/d/1ZuUy9iwbHrX6-hHAH1hc167bvSbNM5yC/view?usp=sharing>

Thank You For Watching

www.dpshathras.org

