

ISA ACTIVITY (YEAR 2020-2021)
QUESTIONNAIRE ON MENTAL AND PHYSICAL FITNESS REGIMES
TITLE- DISCIPLINE: MIND, BODY AND SOUL

To encourage global and collaborative learning amongst the students as a part of an ISA Project (Year 2020-2021), one Questionnaire based on the various mental and physical fitness regimes practiced in India was shared with the partner country, Afghanistan (Shokofa Ha-e-Towhid 2 Private High School) on 30th December 2020 through Email and in exchange the students of the partner country, Afghanistan also prepared one Questionnaire based on the various mental and physical fitness regimes practiced in their country which was shared with our students on 2nd January 2021 through Email.

Then, the received Questionnaire from the partner country, Afghanistan was shared and attempted by our students of grade VII, VIII and IX on 14th January 2021 through Google Meet.

Finally, the students of both the countries have done a comparative study based on the Questionnaires and created a common plan to stay mentally and physically fit.

