

ISA ACTIVITY (YEAR 2020-2021)
MAKING OF A DIGITAL COLLAGE
TITLE- DISCIPLINE: MIND, BODY AND SOUL

An Introductory PowerPoint Presentation on 'How to make a Digital Collage?' was shown to the students of grade VII, VIII and IX on Thursday, 5th November 2020 through Google Meet as Pre-activity under KALAYOG, ISA Project (Year 2020-2021). The digital collage depicted various mental and physical fitness regimes followed in the target countries India, Japan, China and Afghanistan along with their health benefits.

The students were then instructed to make a digital collage based on the given guidelines reflecting various mental and physical fitness regimes followed in the target countries along with their health benefits. The students of grade VII, VIII and IX participated enthusiastically and researched on the health benefits of various mental and physical fitness regimes followed in India and Japan; India and Afghanistan & India and China respectively and prepared a digital collage on 11th November 2020.



