

anandwar

Anandvar Day is a designated day celebrated in KVS (Kendriya Vidyalaya Sangathan) schools for students of classes 1 to 5. On this day, Students are not required to bring their books from home, They engage in various games and activities within the school premises. Children can bring their own lunch, Following a directive issued by KVS, this practice 2018 It was implemented from.

Purpose of Anandwar Diwas

- Provide breaks from the regular academic routine.
- To promote recreational activities and non-academic activities.
- Social interaction, Enhance teamwork and physical well-being of students.
- Promote a stress-free and enjoyable learning environment.



benefits of anandwar day

physical development (**Physical Development**):

- by engaging in physical activities **motor skills**, Coordination and overall fitness improves.
- Students learn the importance of exercise and staying active.

Social interaction (**Social Interaction**):

- Anandvar Day provides an opportunity for students to interact with classmates from different classes and build strong bonds.
- Collaboration, Teamwork and sportsmanship are promoted.

Stress relief and mental well-being (**Stress Relief and Mental Well-being**):

- A break from academic pressure helps reduce stress levels.
- Participating in recreational activities promotes mental relaxation and rejuvenation.

Holistic Development (**Holistic Development**):

- happy day physical, Supports the holistic development of students by emphasizing on social and emotional aspects.
- It nurtures skills beyond academics, such as leadership, Sports skills and problem solving abilities.

Pleasant learning experience (**Enjoyable Learning Experience**):

- Anandvar Day creates a positive and enjoyable learning environment.
- Students develop a love for physical activities and non-academic activities.

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Activities of Anandavar

Arts and Crafts Workshops





Sports and recreation

**SOME SIMPLE PATTERNS
BY STUDENTS**



Talent Show



Student singing,dance,Show off your talent in acting or playing a musical instrument,self-expression and

Boosts self-confidence.,