

"REVIVING CHILDHOOD JOY: OUTDOOR ACTIVITIES AND NATURE EXPLORATION"

Objective: To reconnect college students with the joy of childhood through outdoor activities, games, and nature exploration, emphasizing the physical aspects that contribute to overall happiness and well-being.



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Activities:

1. Classic Childhood Games:

- Organized a variety of traditional childhood games like kho-kho, Human Knot and race etc, fostering a sense of nostalgia and camaraderie.

2. Nature Observation:

- Guided students to observe and appreciate nature in the college surroundings, encouraging mindfulness and connecting with the environment.

3. Group Play Circuits:

- Designed play circuits combining students in different activities to promote teamwork, physical fitness, and a vibrant atmosphere.

4. Balancing Acts:

- Introduced activities that focus on balance and coordination, enhancing motor skills and physical agility.

5. Picnic and Reflection:

- Concluded the day with a picnic, allowing students to relax, socialize, and reflect on the experience, reinforcing the importance of play in fostering happiness.