



RHYTHM, RELAX, REJUVENATE - GYMNASTICS



VIS believes in unleashing the hidden potential of the young minds. The school has not left any stone unturned, hence stepped in the arena of flexibility, agility, strength, and endurance i.e, Gymnastic. Ms.Vrinda Awasare, a gymnastic trainer, aesthetically demonstrated various exercises.



It was a mirthful sight to witness our learners tapping their feet, stretching their body, driving themselves on the path of fitness.

