



On 16th May, 2020, an interactive session was held on zoom platform with Mr. Rajib Dey, who is a renowned swimming Coach of Assam with the students of RGS.

During the session Mr. Dey emphasized on a daily routine which should include both exercise and practice in the pool for those who want to take up swimming as a competitive sport. In his words, exercise should include workout for the development of the core muscles and for developing endurance. He showed a number of videos of exercises performed by current successful swimmers of Assam which greatly motivated the RGS students. He also stressed the importance of swimming for sports persons of other fields like Cricket, Tennis etc.

The session was followed by a Question Answer round.

Approximately 65 students plus RGS coaches attended the session which lasted for 1hour 20mintues.