

ARMY PUBLIC SCHOOL, UMROI MIL STATION

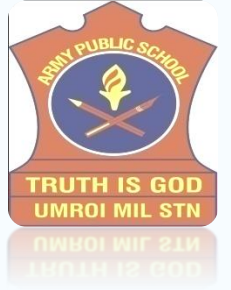


TABLE TENNIS ROOM

APS UMROI MIL STN has set up a Table Tennis Room for the students whereby they can exercised and attained beneficial factors such as heart rate improvement, strengthen muscles, mobilises the joints, achieve mental acuity, sharp reflexes, balance, core strength of leg and arm and most importantly, sharpens reaction times and hugely improves the statistical data of hand-eye coordination.



