

INTERSCHOOL ONLINE AEROBICS COMPETITION – BIRLA VIDYA NIKETAN

'Fitness is a journey, not a destination; you must continue for the rest of your life'.

-Kenneth H. Cooper



Birla Vidya Niketan, Pushp Vihar organised an Interschool Online Aerobics Competition on 30th Jan, 2021. Our student Tanish Shukla (V C) made everyone proud by bagging the third position in aerobics competition. Tanish displayed great skill, balance and precision during his performance. The judgement was based on synchronisation, costume, rhythm and movement and overall presentation.