

SADHU VASWANI INTERNATIONAL SCHOOL FOR GIRLS, NEW DELHI

Fit India School Week-2020 (14/12/2020 to 19/12/2020)

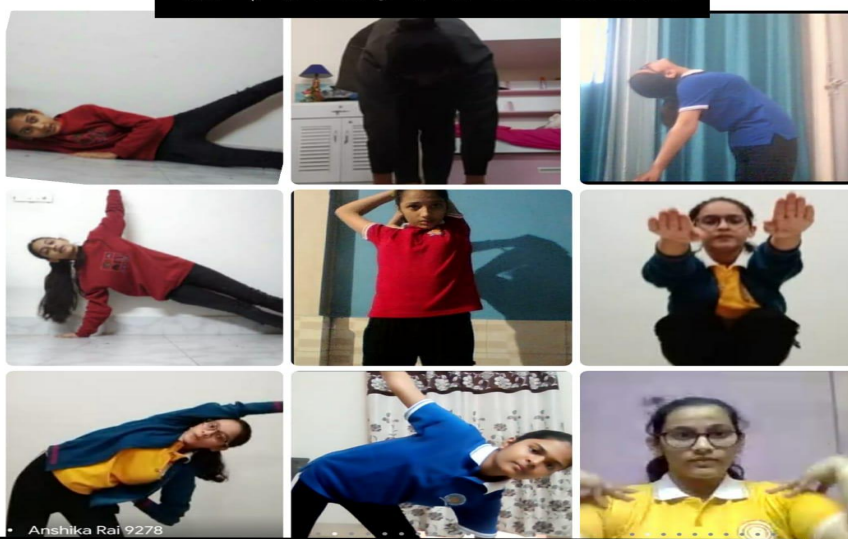
The Fit India School Week-2020 was organised from 14th Dec. to 19th Dec. 2020 on the online mode.

Students from class 6th to 12th had participated in the week-long activities planned -Class wise.

The activities included:

1. Inter -house Online Fitness activity competition (Class VI, VII & VIII)
2. Inter-house online Yoga Competition (Class VII to IX)
3. Demo on Self-defence techniques (Class IX & XI)
4. Strength Development Exercises (Class IX to XII)
5. Yoga and Meditation Sessions

INTER HOUSE



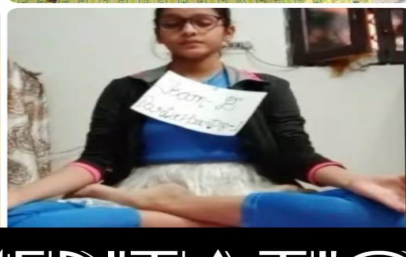
FIT INDIA ACTIVITY



YOGA



SELF DEFENSE



MEDITATION



CERTIFICATE

OF RECOGNITION

Congratulations to

SADHU VASWANI INTERNATIONAL SCHOOL FOR GIRLS

for Successfully organizing the
FIT INDIA SCHOOL WEEK-2020 | 14th Dec - 19th Dec

