

DELHI PUBLIC SCHOOL MARUTI KUNJ

FIT INDIA ACTIVITIES

Fitness is the most important aspect of our life. It becomes more important in the foundation years i.e. in the student life. The students should not only be physically but mentally fit as well. Keeping this in mind, few activities were planned for the students. Yoga sessions were meant to motivate students for leading a disciplined life and bringing harmony between our karma and vichar.

FIT INDIA Day 1 – Yoga for All 18/11

Classes VI, VII & VIII



FIT INDIA Day 2 – Free Hand Exercises 19/11

Classes VI, VII, VIII, IX & XI



FIT INDIA Day 3 –

Nature Walk

20/11

Classes

VIII, IX

