

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 3 – Nature Walk 20/11

Classes VIII, IX

Classes VIII & IX went to Chandershekhar Farms for Nature Walk. The students walked for 5-6 Kms. They enjoyed the company of nature, had meals in the hills, had a session of Antakshari, climbed up the trees and got themselves clicked with their friends. The session was very entertaining and educational. The students realised that it was far more entertaining to walk and indulge in activities with their friends than being engrossed in their gadgets.

