

DELHI PUBLIC SCHOOL MARUTI KUNJ

FIT INDIA

2 DEC. 2019 TO 6 DEC. 2019

The school celebrated fit india week from 2 Dec 2019 to 6 Dec 2019. The week began with “Yoga for All” where the entire school gathered in the football ground and did yoga. The second day was observed as the day for free hand workout. On the third day, the students did a nukkad natak on the importance of fitness. In the skit, they focussed on banning of gadgets and beginning of ground games. All students participated in poster making competition on the topic – FIT BODY FIT MIND FIT SURROUNDINGS. On the fifth day, the children did aerobics and dance. The entire week was dedicated to fitness which surely would motivate the students and the teachers to adopt healthy habits for leading a sound and happy disease free life.

