



Delhi Public School Maruti Kunj

FIT INDIA 2.0 EVENT

“ Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong ”

The Fit India Movement is a national movement initiated to motivate everyone to walk on the path of fitness and wellness. It aims to provide a unique and thrilling opportunity towards making India healthier by including physical activities and sports in the daily lives of people.



Fit India Freedom Run 2.0 organized by 5 Haryana Battalion NCC Gurgaon as a part of 'Azadi ka Amrit Mahotsav' on 21st August 2021.



300 plus NCC cadets from schools and colleges participated in this event. ACP Akhil Kumar Arjun Awardee and gold medalist of commonwealth boxing was the chief guest of this event.

While Speaking on the occasion, the ACP said that Fit India Run is a great event which brings awareness among the public on self confidence through human exercises and thereby a healthy life

Cadets of our school participated in activities such as 2 km run and yoga exercise

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