

DELHI PUBLIC SCHOOL VASANT KUNJ

REPORT

Fit India Movement

(November 2020)

In compliance of the Government's noble campaign of '**Fit India Movement**' and its own pursuance of the principle of the **holistic wellness of its students**, Delhi Public School Vasant Kunj has been organizing various monthly activities.

Continuing the same, in the month of November, the school urged its students from Classes VI to XII to share their videos, displaying and showcasing their daily fitness regime. Around 210 students enthusiastically participated in the same and shared their videos with their respective Class Teachers.

The youth especially the school students are the best ambassadors to carry forward this legacy of an active and healthy lifestyle. Adhering to the Covid-19 norms and staying within the safe confines of their homes, these spirited students showed multiple aerobic exercises and yogic asanas which strengthen their upper as well as lower body. These exercises would not only strengthen their immunity but also assist them in managing their fitness levels.

This was yet another effort by the school to instill healthy habits and mindsets amongst its student community.