

FITNESS WEEK CELEBRATION

Being physically active and fit holds utmost importance especially among today's younger generation who is busy enjoying the luxuries of mobile, laptop and TV at an alarming rate and aren't active and spirited on a daily basis. Being physically fit doesn't necessarily require a rigorous schedule of more out. We have made a schedule of regular day routines which will include health and fitness. When they take lunch kids are advised to take balanced and healthy food and rewards will be given to those who don't bring junk foods. Regular playing and yoga activities are included. Sprouts are given as snacks. The positive vibes of health and fitness are given of children in all possible forms.

1.Yoga





2. Free hands exercise



3. Fitness and Nutrition



4. Debates



5. Martial Arts



6.children's day celebration



