

ACTION TAKEN REPORT

Fit India Week 2019

In pursuance of DOE's circular regarding 'Fit India' and Hon'ble PM 's initiative of 'Fit India Movement', Delhi Public School Vasant Kunj organised various activities. These activities are being organised on a monthly basis. The objective of these activities was to encourage fitness and health amongst the young generation of today. They aimed at assisting the youth to inculcate physical activities into their daily lives.

January 2020

- **Mini-Marathon Run**

A mini-marathon run was organised by the school in January, 2020. In this run, around 100 students enthusiastically participated. They all ran from the school to the Biodiversity institutional area. The heads of the school also attended the run and motivated the students to adopt a healthy lifestyle. The Physical Education Deptt. coordinated the marathon run and ran along with the young enthusiasts. The chill in the air also could not dampen the inviolate spirit of these students, who ran for the mini-marathon early in the morning.





- **Traditional Games:**

Traditional games like Pittu (Tossing the stones), Throw the Ball and Kabaddi etc. were also conducted for the students. The students played these age-old games and thoroughly enjoyed them.

The school plans to revive these long-lost games. The games were played with zest and vigour by the young kids. They all loved the games and vowed to play them on a regular basis. Young girls of the school played the traditional games with a lot of zest and fervour, leaving behind their inhibitions.





