

FIT INDIA

In pursuance of the CBSE/DOE directives, fitness activities were organised in the month of January 2021. These exercises aimed at speed development of the students. These young spirited children also undertook long distance running within the stipulated 2 km radius of their homes. Speed development training helps in building up of the power and strength of the core muscles of the body. Adhering to the Covid-19 safety measures, a total of around 138 students from across classes participated in these exercises. Different exercises were demonstrated by the school PE teachers and the students were asked to follow.