

Delhi Public School Vasant kunj

REPORT

Fit India Movement 2020

Delhi Public School Vasant Kunj stands steadfastly for fitness, health and all round development of the mind, body and soul of its students and staff. It has been the constant endeavor of the school to advocate and encourage our students to engage in activities that enhance the overall well-being of the individual. In its relentless pursuit of excellence, not just in academics but in all the other related aspects of human growth, DPS Vasant Kunj complied wholeheartedly with PM Shri. Narendra Modi's 'Fit India Movement'. This is a noble initiative of our honorable PM to make 'fitness and health' the very essence of life, especially the youth of India. This programme aims at instilling in them the spirit of physical well-being.

Keeping in mind the current Corona Pandemic, students and parents were encouraged by the teachers to do healthy exercises at home. Even the staff of the school participated in a couple of meditation and yoga exercises to keep them fit and active. The students shared the inspiring videos of their daily healthy routines with the school and teachers.

Ranging from athletic games to aerobics to fun-filled yoga activities – the students thoroughly enjoyed them all. The students from all the levels of the school participated in these activities with gusto and zeal. The plethora of activities undertaken by the students, parents, teachers and other staff of the school speak volumes about its deep commitment in promoting good health and fitness of its all. The school since its inception has espoused the cause of the holistic development of its students and staff and we stand by the PM's 'Fit India Programme' in letter and in spirit.