

### Report on Live Fitness Sessions for School Children

In accordance with the vision and mission of the School – holistic and integral development – the school actively participate in the live fitness session which was webcast every morning from 9:30am to 10:00am may 2020.

This was an initiative by the CBSE along with Fit India Mission to provide live sessions by experts covering of school going children, which include simple actionable tips around Basic Exercises, Nutrition, Yoga & M

The Principal had given wide publicity of these events to all the stake holders through notification on the Whatsapp groups. The Links and Posters were shared in the groups' every day.

Our girls and their parents have also participated in these activities and shared their experience and pict

The Fitness Break capsules were also played during online PT sessions, since the Physical development of the school. The School is also thankful to CBSE and Fit India Mission for such a fruitful initiative at these c

