



DELHI PUBLIC SCHOOL, MARUTI KUNJ

"EXERCISE IS LIKE TELLING YOUR BODY YOU ARE GONNA HATE ME FOR THIS BUT YOU WILL THANK ME LATER"

KEEPING IN MIND THE DEMAND OF CURRENT SCENARIO, WE THE MEMBERS OF STUDENT COUNCIL HAVE COME UP WITH THE IDEA OF CONDUCTING A FITNESS MONTH.

THIS WILL NOT ONLY HELP STUDENTS TO SHOWCASE THEIR TALENT WILL BUT ALSO ENHANCE THEIR MUSCULAR MENTAL AS WELL AS PHYSICAL STRENGTH

CHALLENGE OF THE WEEK
PICK THE PAPER

MODE - ONLINE AND OFFLINE

FOR ONLINE

- THE STUDENTS WILL BE REQUIRED TO RECORD THEIR VIDEOS
- SUBMIT THE VIDEOS TO THE FOLLOWING VOLUNTEERS
RIDDHI RATHAUR (RATHAURRIDDHI.27@GMAIL.COM)
TANISHQ KAMRA (TANISHQKAMRA78@GMAIL.COM)

FOR OFFLINE

- YOU HAVE TO PERFORM THE CHALLENGE IN THE SCHOOL PREMISES.
- AFTER THAT YOU WILL BE INFORMED ABOUT THE TIMINGS



Interested students can give their names to the following:-

- Riddhi Rathaur - Vice President Sports Council
11th S3 (9818585117) (rathaurriddhi.27@gmail.com)
- Tanishq kamra - Vice President Sports Council
11th H1 (98999 49716) (Tanishqkamra78@gmail.com)