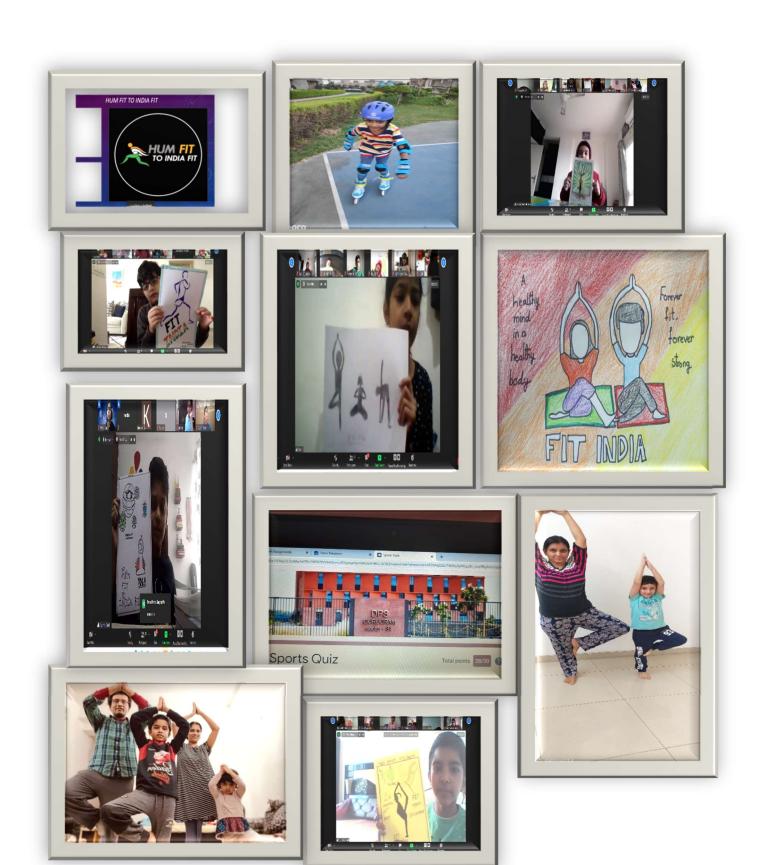
Fit India Movement was celebrated by Delhi Public School, Sector 84, Gurugram in the third and fourth weeks of November, 2020. The staff, students and parents participated actively in a variety of activities which focused on physical fitness, knowledge regarding sports

and overall development of the mind and body.



Students participated in a poster making Competition on 'Hum Fit Toh India Fit'. Students also participated in an open mic session on fitness and exercise being a celebration rather than a chore. Students wrote poems on the theme 'Fitness beats pandemic.' Online Quiz related to fitness/sports, virtual exercise challenges and Family fitness day were also undertaken.

