



## **FIT INDIA WEEK (INTER-CLASS SPORTS ACTIVITIES) (2022-23)**

**Fitness is zero percent investment with infinite returns”.**

**Fit India movement** is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives.

In this regard, plethora of activities were conducted-

- For classes I and II- Balloon blast race
- For class-III Frog Race
- For classes IV and V-Lemon Race
- For classes VI to VIII- Relay Race
- For classes IX and X-Hurdle Race



These activities were organized to help students understand the importance of mental and physical health. We express our gratitude to our Rev. Sr. Abha for being a monumental support in all endeavours and for constantly encouraging the students to strive hard to attain perfection.



