



CIRCULAR NO. DDPS-36/2021-22

DATED:- 30/08/2021

CLASSES:-NURSERY TO 9TH

SUBJECT: FIT INDIA MOVEMENT 2021

Dear students/ parents

It is to inform you that Youth affairs and sports ministry of India has started **FIT INDIA Movement** that was launched on 29TH August, 2019 by Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioral changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve the goals. So here are some activities to students which they can do at home:-

- 1) Fitness circuit - Draw a ladder on the floor with a chalk piece or crayon
- 2) Squats challenge
- 3) Play badminton /tennis .
- 4) Step -up challenge
- 5) Rope - skipping
- 6) Ball dribbling .

Do only one activity and send a short video to us (not more than 1 minute) till Sep. 5th, 2021

Thanks & Regards
Principal
DDPS, Barotiwala

