



REPORT ON FITNESS DAY



“Fitness is not a destination, it’s a way of life.”

A sound mind can only exist in a healthy body, and to instil the value of leading a healthy life in our children, the Pre-Primary Section of The Bishop's Co-Ed School, Kalyani Nagar, organised '**Fitness Day**' on 23rd June 2023.

This initiative was taken keeping in mind the growing concern of the lack of physical activity and excessive usage of electronic devices among children.

The event was an absolute pleasure to behold, as our little ones eagerly adorned themselves in track pants, T-shirts, and PT uniforms, radiating excitement and anticipation.

The day commenced with a delightful colouring activity fostering creativity and a sense of fellowship among the children in the classroom. The children were also shown exercise videos, and they enthusiastically danced along to the lively music.



Later they were accompanied by their teachers and engaged in warm-up exercises, freehand movements, and stretching routines. The atmosphere was filled with joy and laughter as they actively participated in the Zumba session conducted on the field. Additionally, a variety of games were also played.

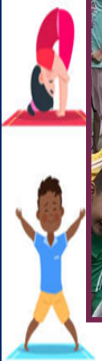




All this enabled the children to understand the importance of physical activities in their everyday life and also helped them to connect with the idea of being fit.



Fitness Day was indeed a resounding success. It served as a powerful reminder that by instilling a love for fitness at a young age, we can nurture a generation that will embrace a positive and active lifestyle, leading to a brighter and healthier future for all.





FITNESS

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