

FIT AND FUN

Drill



SEP

24

VIRTUAL MEET

THROUGH ZOOM

TIMINGS:

10:00am–10:30am (Grade 1&2)

CIRCULAR NO: CIR21-23

DATE: 922-09-21

Physical activity helps with more than weight maintenance and boosted energy.

Regular exercise

- promotes positive mental health
- builds strong bones and muscles
- reduces the likelihood of developing obesity
- promotes better quality of sleep
- staying active also impacts academic achievement.
- It helps to improve concentration, memory, and classroom behaviour.

**BY
MANAGEMENT**