

“Strong bodies build strong minds- stay active, stay smart!”

Staying active is essential for a healthy body and mind and what better way to do it than through exciting games and sports activities.

To make our young learners active and fit, We are thrilled to

announce the **“FITNESS FRIDAYS”**

the fun-filled days dedicated to health, fitness and sports!

IMPORTANT POINTS TO BE NOTED-

- Fitness Friday will be organised every friday.
- Students must wear comfortable tshirt, lower/tracksuit and sports shoes.

This initiative aims to promote a love for fitness and teamwork while ensuring everyone has a fantastic time.

LET'S COME TOGETHER AND MAKE FITNESS FRIDAY A DAY FULL OF ENERGY, EXCITEMENT AND GOOD HEALTH.

