

DELHI PUBLIC SCHOOL GANDHINAGAR

**PARTICIPATION IN FIT-INDIA-FREEDOM RUN**

**15th August 2020 to 2nd October 2020**

CBSE in association with Fit India has been conducting various activities for the overall physical, emotional, and mental well-being of our stakeholders especially the school students.

With the Motto **“RUNNING: The human body’s most raw form of FREEDOM”**, Fit India movement has conducted nationwide as the Fit India Freedom Run from 15th August to 2nd October 2020 to encourage fitness and help all citizens to get freedom from obesity, laziness, stress, anxiety, diseases etc. The concept behind this run is that **“it can be run anywhere, anytime!”**

Keeping this in mind, **Viha Vyas of class 9 G** has participated for the same. She started on 17<sup>th</sup> August up to 28<sup>th</sup> September. She covered a distance of 168kms in 43 days. She is a swimmer, since she cannot swim, she is working out twice a day with resistance belts, weights and cardio. Running is one part of her fitness regime.

Aarnav Garg of class 6-B has also participated and covered 20.66 kms distance from 24<sup>th</sup> Sep. to 01<sup>st</sup> Oct. and Dr. Ankit Bhargava (Parent of Master Vinayak Bhargava of class 7-E) has covered 7,43,274 (steps of walking) distance.

Dhyeya Sekhalia of Class 8E also put his best efforts and completed a walk for 3km.

We are extremely proud of all the participants for their grit and determination and their choice for a healthy and well-balanced life.



Dr. ANKIT BHARGAV  
PARENT OF VINAYAK BHARGAV CLASS 7 E



ARNAV GARG  
CLASS 6-B



VIHA VYAS  
CLASS 9-G