

## KENDRIYA VIDYALAYA IIP DEHRADUN

### **FIT INDIA MOVEMENT –“FITNESS WEEK CELEBRATION”**



**YOGA FOR ALL**



**FITNESS AND NUTRITION FOR STUDENTS AND STAFF**



**FREE HANDS EXERCISE FOR ALL**



**MENTAL FITNESS ACTIVITIES**



**POSTER MAKING COMPITION FOR ALL**



**PHYSICAL ACTIVITIES FOR ALL**



## ESSAY AND POEM WRITING



**FITNESS /SPORTS QUIZ**





**PARENTS AND TEACHERS PARTICIPANTS**