

Report

Special Assembly: **HEALTH AND FITNESS**

Date: 14th July 2021

Teacher Incharge: Ms.Reena

Conducted by: students and class teacher of class 7

Since the outbreak of covid pandemic, health and fitness has been a burning topic across the globe. In the pursuance of the same a tutorial ppt educating the protocols of the covid and the preventive measures for their safety were shown to the students in a special assembly. This was followed by the recommendation to eat healthy and do yoga asanas. Ridhima, a student of class VII, gave valuable information on how to remain healthy and fit. Mitali, Bhoomi and Deepika showcased the fitness manta by demonstrating different asanas.

<https://youtu.be/7dXe6rIUcHo>