



Bal Bharati
PUBLIC SCHOOL
ROHINI



Namaskar
Dear Parents,

"If the body is fit, the mind is lit."

Exercise plays a vital role in a child's development. It helps in laying the foundation for a healthy life. Regular exercises help in improving muscle strength, flexibility, posture and promote relaxation.

Help your child to perform more of such exercises under your guidance and do not forget to share photos and videos on class whats app group. You may follow the link:

<https://youtu.be/oc4QS2USKmk>



'Fit India Movement' launched by our **Prime Minister, Sh. Narendra Modi**, encourages people to remain healthy and fit by including various physical activities and sports in their everyday lives.

Let's join the movement and stay healthy.