



## **FIT INDIA FREEDOM RUN : A DRIVE TO ENSURE HEALTHY INDIA**

**18<sup>th</sup> September, 2020**

In accordance with the guidelines set by CBSE Board, St. Xavier's School, Bathinda organized a '**Fit India Freedom Run**' for its school staff on **14<sup>th</sup> and 15<sup>th</sup>** of September within the school premises.

Keeping the norms of **social distancing**, the staff members were divided into two groups and each group attended this event on two separate days 14<sup>th</sup> and 15<sup>th</sup> of September respectively. A total of **116** staff members voluntarily participated in this event. Our School faculty :Mr. Jagjit , Mr. Devenderpal Singh, Mrs Sonia Nayiar, Mrs Reema, Miss Mamta took the initiative to conduct this event in a smooth manner. The above mentioned teachers conducted Yoga for about an hour for both the days followed by a run all around the campus.

All the participants were served fresh juice and fruits after the event was over.

**'Fit India Freedom Run'** was an exhilarating experience for all the staff members as the exercise and the run rejuvenated each of the members during this crisis of pandemic and this drive was organized to encourage all to remain fit and healthy with vigor and vitality. Hence, remaining fit is not a destination rather it's a persistent process to remain healthy, hale and hearty.