

**DR. VIRENDRA SWARUP PUBLIC SCHOOL , KALYANPUR**

**NOTICE**

**(FOR CLASS IX)**

**OPEN MIC ACTIVITY**

**FIT INDIA SCHOOL WEEK**

Dear Students

2.12.2020

If a man achieves victory over his body , who in the world can exercise power over him ? He who rules himself, rules over the whole world . We all need to understand the significance of staying fit and healthy. Our school is organising an open mic activity for students . Details for the same are as follows:

- 1.The topic for the open mic activity is – “ Exercise is a celebration of what your body can do, not a punishment for what you ate .”
2. The time limit for the activity is 1-1.5 minutes.
3. Entries not abiding by the time limit will be disqualified.
4. The entries should reach the teacher incharges on 10.12.2020 by 5 p.m .
5. The best entry/entries will be posted on the school facebook page.

Teacher Incharges:

Mr Chandrajeet Verma

Ms Deepa Sharma.