

## **JAYPEE PUBLIC SCHOOL NOIDA**

### **HEALTH RUN DAY**

*“Being healthy & fit is not a trend, it is a lifestyle of today”*

To carry forward the promotion of a healthy lifestyle and also to raise awareness about the importance of fitness, JPS, Noida organized its 2<sup>nd</sup> 'Health Run' on April 06, 2019 for students, parents, grandparents, staff and support staff on the occasion of 'World Health Day' which is celebrated every year on April 07,2019. Dr. Sunita Godara, Asian Marathon Champion(1992), graced the occasion as the chief guest and Dr. Karuna Chaturvedi a well known nutritionist and dietician was the guest of honour.

The participants reached the venue with a lot of enthusiasm, and various races were conducted namely, Under 6, (200 mtrs. Walk& Run) Under 8 (500 Walk & Run), Under 11 (800 mtrs. Run), Under 14 (1 km Run),Under 16 (1.5 km Run) Parents and staff (1 km Walk & Run), Grand parents (500 mtrs. Walk) and for Support staff (1 km Run).Once the races began, the air was filled with cheerfulness and encouragement for the athletes.

The program began with the welcome speech of the Principal, Mrs Anjali Malik , followed by a talk on Health & Fitness by the chief guest. An energized performance of Music and Yoga students set the tone for the rest of the event. The students displayed a street play on Health awareness and mesmerized the audience with their lively performance. The head of sports department announced the name of the winners and they were awarded prizes by the principal and the chief guest. The event ended reiterating the importance of being healthy and fit by de stressing ,eating healthy and exercising regularly.