

Cardio Fitness Workshop by Ms. Nehal Jain



The students of Classes II-V thoroughly enjoyed the Cardio Fitness Workshop held on 18th February, 2020. The workshop was utterly inspirational. It was led by a highly skilled and engaging teacher, Ms. Nehal Jain, mother of Sairaj Jain of Class IV-C. She is an extremely talented and energetic trainer.

She encouraged the students to learn enthusiastically. She also told the students that if this fitness program is taken up by a person in the daily routine, it can burn up to 800 calories. This was yet another fantastic workshop conducted in the basketball court. The dance workshop was such a stress buster. The students tapped their feet on different songs. The students thoroughly enjoyed the workshop.

