



SANSKRITI SCHOOL
Dr. S. Radhakrishnan Marg,
New Delhi

Junior School
Session 2020-21

Don't let the period of quarantine
Dim your spirit or your shine.

In the confines of your home
You can stretch yourself to exercise,
It is important to stay active
So let your body reboot and energize.

Give a shout out to your parents
Let them not be left behind,
A little warm-up as a family
Is something they surely won't mind.

So put on your sports shoes
Sweat out your way to health,
Don't sit around and slouch
Your body is your only true wealth.

We hope you follow the exercise routine given below,
Keep checking out this space for updates and more!!



Please click on the link below

<https://drive.google.com/open?id=1qf7Y50s2t7qPg2it3w8-ZWqo4f8UPIF3>