



KENDRIYA VIDYALAYA NO II PATNA

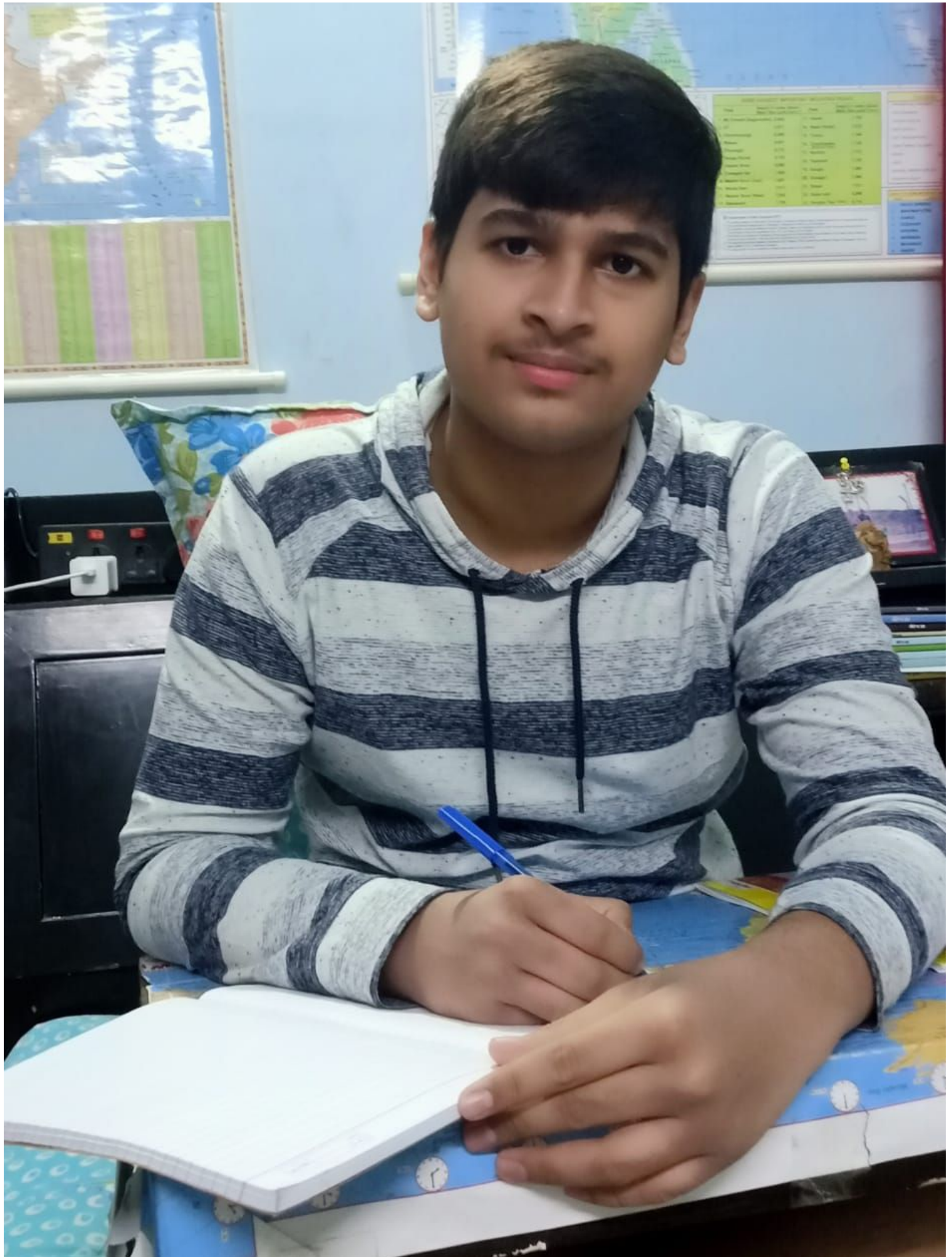
FIT INDIA SCHOOL WEEK CELEBRATION 2020



**FIT
INDIA**



**FIT INDIA SCHOOL WEEK
ESSAY WRITING COMPETITION
TOPIC:- FITNESS BEATS PANDEMIC**



FITNESS BEATS PANDEMIC

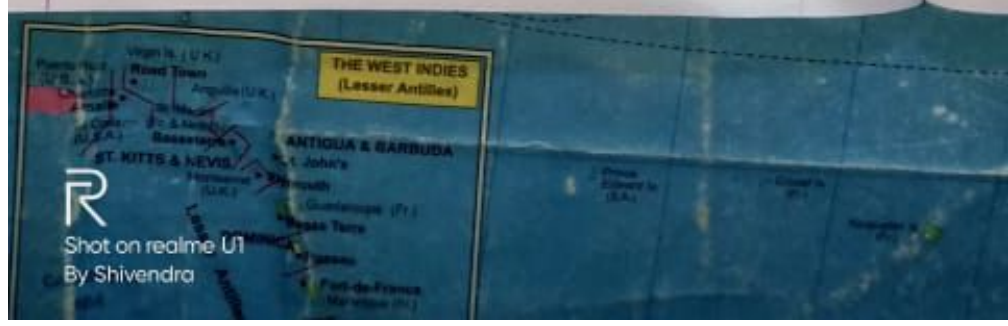
After a very long time,
Again comes a pandemic
Making even the day a bedtime
And keeping everyone in panic!

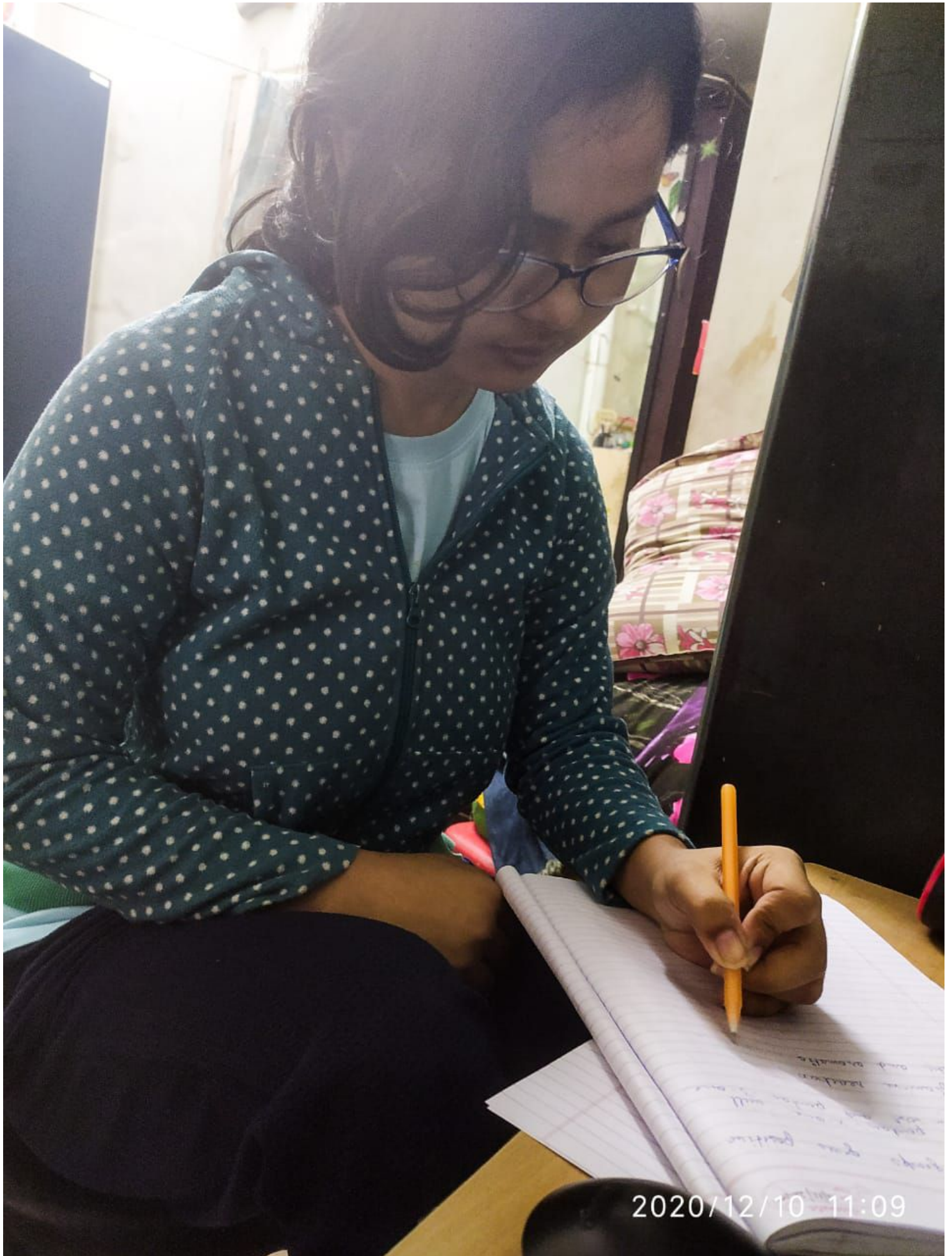
Some say that only vaccine is its cure
Others advice to drink decotion pure
But even after all these advices
My safety, no one can assure!

But keeping self fit can help a lot
Workouts and Yoga would strengthen our immunity
As well as kill negativity in our thoughts
Making us fully healthy!

"The fittest will only survive"
Darwin once said
But today we are seeing this live
To stop the virus' spread, let's do our best!

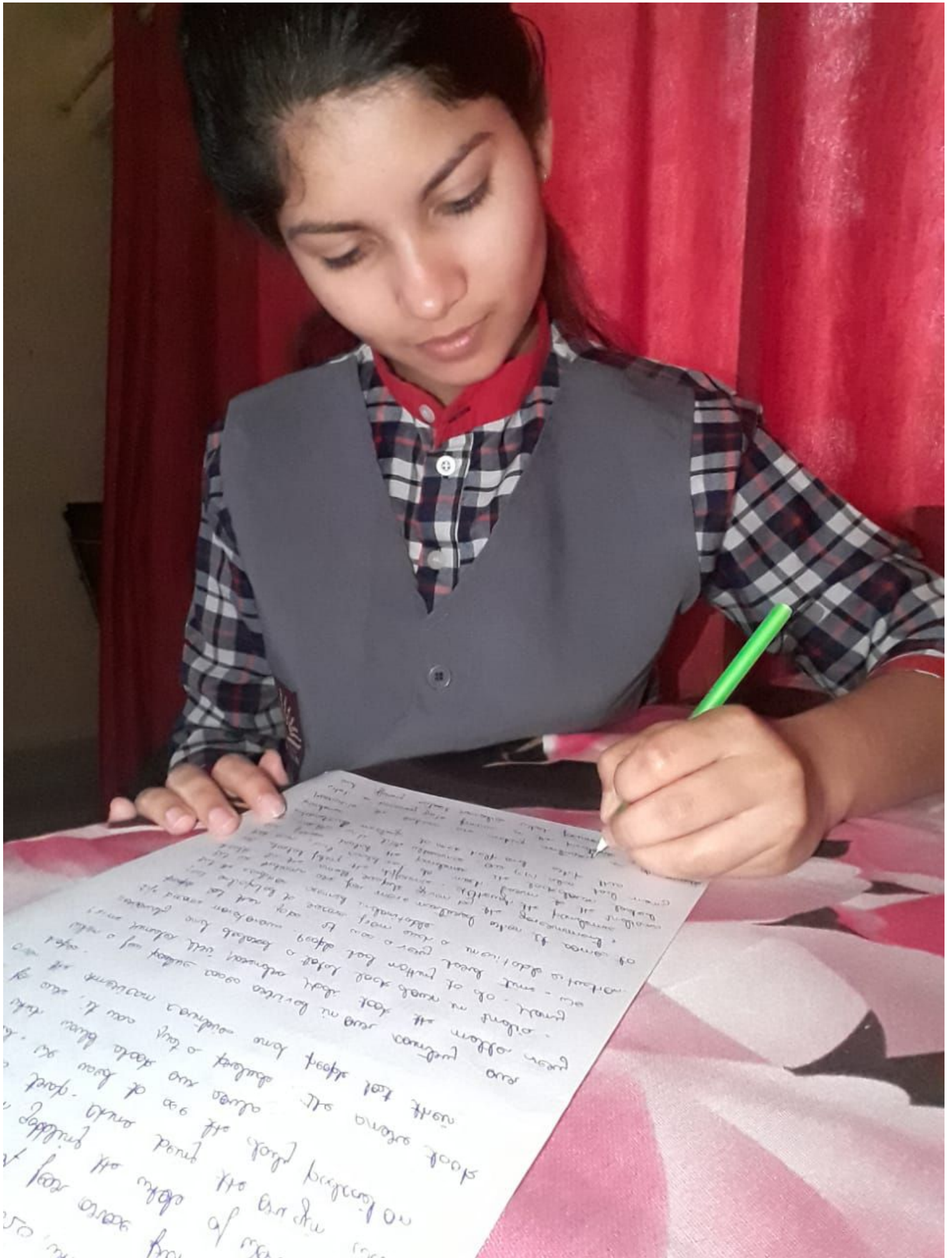
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Fitness beats Pandemic.

So as topic speaks for it self. we are facing a pandemic today which is well known by it's name corona or as we say is scientifically Covid-19. It's deadly and is growing at a rapid rate nowadays. where doctors and scientists haven't found it's vaccine yet, the only cure left to us is to build our immune system or to be fit and healthy if i say in day to day words. fitness and immunity are interconnected, if you are fit your immune system will be strong and if you aren't your immunity will be low. exposing you to a various of diseases including the pandemic Corona or Covid-19. So it becomes really necessary to build our immunity to stay safe in these times of corona. immunity can be build up by many ways and fitness and regular exercises are a major part of that. mask my words if do you do regular exercises you will stay fit and thus, your staying fit will beat Pandemic.



our immune system so that the virus could not show up.

The whole world is suffering and are desperately waiting in anticipation for some panacea which could just wipe out this execrable torment.

A vaccine could offer help because the steroids are only aggravating the situation.

By:- SHRAWANI GANDHI

12C

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