

M.K. DAV Public School, Daltonganj Gives Physical Well-being a Spirited Run

The Arya Samaj vision of Education extends beyond intellectual attainment to the cultivation of a healthy body, disciplined conduct and an active concern for well-being. In keeping with this ethos and in consonance with the spirit of the Fit India Movement, the Institution organised Run for DAV , bringing students together for an outdoor activity that placed physical fitness and an active lifestyle within the broader purpose of Education.

The run commenced at 7:00 a.m. from Jorkat More , with students from various classes participating in the approximately 2-kilometre route leading to Medini Rai Medical College and Hospital . The morning run offered students an opportunity to step beyond the classroom and experience the invigorating rhythm of physical activity. The route remained animated with the energy of young participants as they made their way towards the designated endpoint. The programme concluded at 9:00 a.m.

Speaking on the occasion, the Honourable Principal, MRS. INDRANI CHATTERJEE, observed that initiatives such as Run for DAV give practical expression to the DAV conception of Education, in which physical vitality forms an essential part of a well-rounded personality. She remarked that the spirit of Fit India lies not merely in participation in sporting activities but in developing an everyday appreciation of movement, fitness and healthy living. She further noted that regular engagement in physical activities can help young learners cultivate discipline and approach their daily responsibilities with greater energy and alertness. She expressed the hope that the enthusiasm of the morning would encourage students to make fitness a natural part of their daily lives and carry the spirit of an active lifestyle beyond organised school activities.











