

Ref. No.

Date: 12th August, 2026

PT EXERCISE (VI–VIII)

“Move with Energy... Train with Discipline... Grow with Strength...”

Puran Murti Global School is pleased to organize a **PT Exercise Activity for students of Classes VI to VIII**. This energetic activity is designed to promote **physical fitness, strength, flexibility, coordination, and discipline** while encouraging students to adopt an active and healthy lifestyle.

The activity will provide students with an opportunity to participate in structured physical exercises in a safe, disciplined, and enthusiastic environment.

Let Us Celebrate:

- Fitness & Physical Strength
- Flexibility & Coordination
- Energy & Stamina
- Discipline & Team Spirit

Message for Students:

“Stay active, stay disciplined, and give your best—every movement takes you one step closer to a healthier you.”

Our Commitment:

“To encourage an active lifestyle and holistic development by nurturing physical fitness, discipline, confidence, and teamwork through regular physical activities.”

Let us make this activity energetic and memorable as our young learners demonstrate their **enthusiasm, strength, coordination, and spirit of participation**.