



DOMINIC SAVIO KINDERGARTEN, NERUL

REPORT OF FS 1 FIT FAMILY DAY

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Fit Family Day Brings Parents and Children Together Through Fitness and Fun

The Foundational Stage 1 of Don Bosco Senior Secondary School, Nerul, organised a lively and engaging Fit Family Day celebration, bringing together parents, children, teachers, and members of the Salesian community to promote fitness, well-being, and stronger family bonds.

The event was planned as a special celebration of Mother's Day, Father's Day and International Yoga Day, highlighting the importance of health, gratitude and togetherness within families. In an age where screen time often replaces meaningful interaction, the programme encouraged families to spend quality time together through physical activity and shared experiences.

Parents and children enthusiastically participated in a series of fitness activities designed to promote healthy living while creating joyful memories. The atmosphere was filled with energy, laughter, and active involvement as families engaged in warm-up exercises, yoga practices, breathing techniques, and a lively Zumba session led by a professional fitness instructor.

The yoga and fitness activities focused on developing awareness of physical and mental well-being while encouraging participants to adopt healthy habits in their daily lives. Children were especially excited to see their parents actively joining them in the activities, making the experience both meaningful and enjoyable for families.

The programme was attended by Rector Father Barnabe D'Souza, Administrator Father Allwyn Misquitta, Vice Principal Brother Royston Colaco and Catechist Father Joyston Machado. Their presence and participation reflected the institution's commitment to promoting holistic development and family values.

Parents of Nursery, Junior KG, and Senior KG students expressed appreciation for the initiative and welcomed the opportunity to spend quality time with their children in a positive and healthy environment. Many shared that the programme was both refreshing and enjoyable and appreciated the school's efforts in organising activities that strengthen family relationships while promoting fitness.

The event witnessed encouraging participation from families across the Foundational stage 1, making it a memorable celebration of health, happiness, and togetherness. By combining fitness with family engagement, Don Bosco Senior Secondary School, Nerul, successfully reinforced the message that healthy families build healthy communities.

The celebration concluded on a positive note, leaving participants motivated to continue their wellness journey together and embrace healthier lifestyles as a family.

