

THE POWER OF FITNESS

Health and fitness is the most important aspect of our life. There is nothing more important than health for any human being. When we are healthy and fit we are able to enjoy our life well. We can talk to our near and dear one, we can laugh, smile, travel, enjoy, food and sleep well.

Our health and fitness are more valued than our wealth. We must follow a healthy and complete diet. We must eat vegetables, milk, egg etc.

Three years ago, against backdrop of a changing world order-the fall of the Berlin Wall, the decline of apartheid, the birth of the world wide web-the world United in defence of children and childhood. While most of the world's parents at the time grown up under dictatorships or failing governments, they hoped for better lives, greater opportunities and more rights for their children.

So, when leaders came together in 1989 in a moment of rare global unity to make a historic commitment to the world's children to protect and fulfill their rights, there was a real sense of hope for the next generation.

The convention on the rights of the child, in spite of an exploding global population, we have reduced the number of children missing out on primary school by almost 40 percent. The number of stunted children under 5 years of age dropped by over 100 million. The rise of technology and other innovations have made it easier and more efficient to deliver critical services in hard to reach communities and to expand opportunities.

Youth are the future of the country. You have the potential to think big and to do big and must have studied. So, I say that you students are the future!!

**"IF THE BODY IS FIT,
THE MIND IS A HIT!"**

Kendriya vidyalaya,

Anna Nagar Chennai-40

D.supriya

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