



# KENDRIYA VIDYALAYA HVF AVADI

FITNESS INDIA SCHOOL WEEK 1/12/2020-9/12/2020

VIRTUAL ASSEMBLY PROGRAMME -2/12/2020

1. [Prayer Song](#)
2. [Pledge](#)
3. [Thought of the Day](#)
4. [Special Programme](#)
5. [Freehand Exercises.](#)



Prayer Song KV HVF 2020

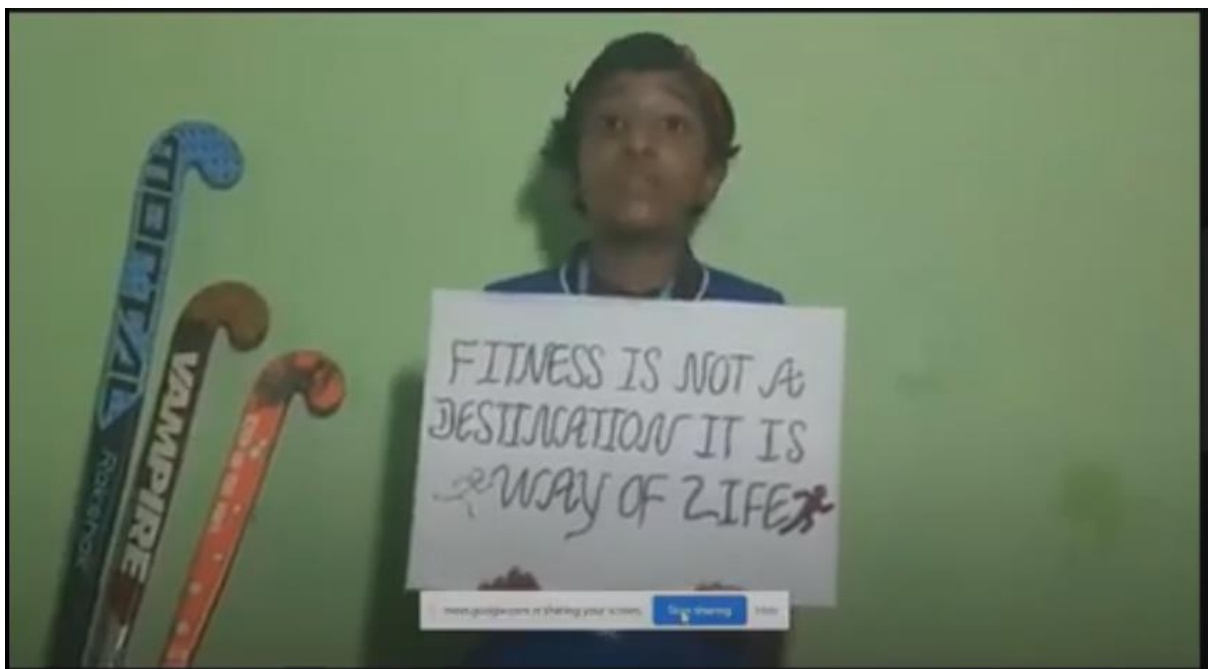
Press Esc to exit full screen

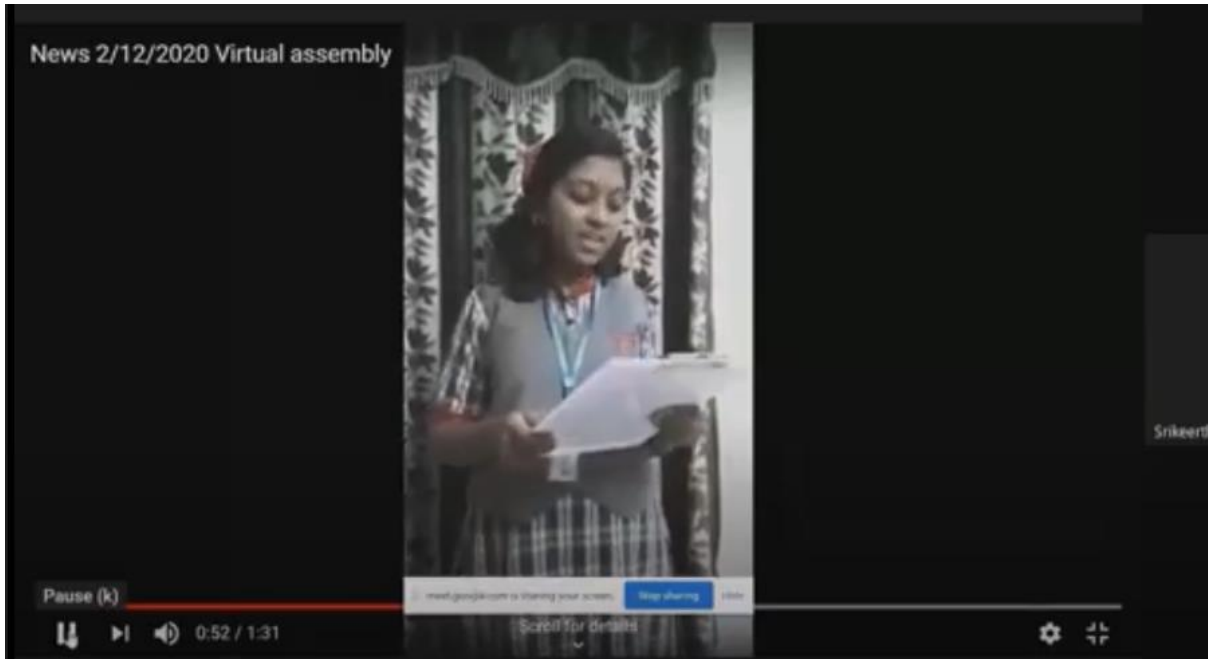


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Play (k) 0:03 / 2:54

Scroll for details





Calastanic Exercise- Free hand Exercise Virtual Assembly



0:16 / 1:25

18:23 / 22:04

