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## Empowering Students through Fitness: A Session on Physical and Mental Wellbeing

Pune, Maharashtra | 19<sup>th</sup> September, 2025



On 19<sup>th</sup> September, 2025, in a bid to highlight the importance of health and holistic development, S.B. Patil Public School organised an engaging session on physical fitness for the students of Grade X, led by the school's sports teacher, Ms. Gauri Utture. The session emphasised the critical role that exercise plays not only in maintaining physical health but also in nurturing mental wellbeing.

Ms. Utture began the session by actively involving students in a discussion about the human body. She asked thought-provoking questions about various muscles and encouraged students to identify exercises that help strengthen them. This interactive approach not only tested their knowledge but also made them realise how each muscle group contributes to overall strength and stamina.



Moving beyond anatomy, Ms. Utture elaborated on the profound benefits of regular exercise and fitness practices. She explained how consistent workouts — from simple stretching routines to structured physical activities — improve endurance, flexibility, and posture. She also introduced yoga as a holistic practice that bridges the gap between body and mind, aiding in stress reduction, focus, and emotional balance.

She further spoke on BMI — how to calculate it and the levels of weight it signifies. She also elaborated on HRPF (Health Related Physical Fitness) and SRPF (Skill Related Physical Fitness). Highlighting the connection between physical activity and mental health, Ms. Utture underscored how exercise boosts mood, enhances concentration, and instils discipline, ultimately contributing to students' academic and personal growth. She inspired learners to adopt fitness as a way of life rather than a temporary goal.



The session concluded with a message of empowerment: that true wellbeing comes from nurturing both body and mind through regular exercise, balanced routines, and mindful practices such as yoga. Students left the session motivated to take active steps towards building healthier, happier lives.