



For AKMG Members & their Families

Fri, 24 Nov 2017 @ Habitat School, Ajman

PROGRAM

830 onwards- Registration
830 onwards- Blood collection for Health Screening
9 - 10 30 am - Food Zone: Healthy Cooking Competition

Indoor Court Activities

9 - 10 30 am - Drawing & Painting Competition and Essay Writing Competition
10 30 - 12 noon - Elocution Competition for Children - Tweens and Teens

Central Arena Activities

10 am - Inauguration, Flag Hoisting, Oath Taking and ICE (In Case of Emergency) Card Launch
10 30 - 11 am - Yoga
11 - 11 30 - Cooking Demo by Chef and announcement of Winner of Cooking Competition
11 30 - 12 noon - Zumba dance
12 - 12 30 - Let's Laugh Together!

1230 to 1 15 pm - Prayer and Lunch break

1 15 to 2 pm - First Aid and Heart Saver demo
2 pm - 2 20 pm -Elocution Winners presentation (1st and 2nd of Tweens and Teens)
2 20 to 2 45 - Stress Buster presentation
2.45 to 3.30 pm - First Aid Quiz
3.30 to 3.45 pm - Breast Cancer Detection at home: App Presentation by Dr Sreekala Sreehari

Track & Field Activities

3.45 pm onwards - Races, Obstacle Race, Pentathlon
10 30 am - 4 pm - CARDIO ZONE with fun athletic activities, SKILL ZONE with skill games ,
BRAIN GYM for testing memory and IQ .
6 pm - Closing ceremony with Prize distribution

Breakfast, Lunch & Light Refreshments will be served.