

FIT INDIA WEEK CELEBRATION

GUIDELINES

- 1. All Students shall actively participate in the Fit India School 29th Nov. to 4th Dec. 2021 One Week programme**
- 2. All students need to send photos and video link related to the events day wise to their respective teacher incharge.**

DAY 1 29TH NOV. 2021	Opening day- AEROBICS
DAY 2 30TH NOV. 2021	<ul style="list-style-type: none">• Importance of fitness- Debates, Symposium, Lectures etc.• Quiz on fitness and sports highlighting Freedom, Azadi Ka Amrit Mahotsav , Nutrition etc.• Essay/Poem Writing Competition on theme <i>“My fitness mantra on Azadi Ka Amrit Mahotsav ”</i>.• Poster making competition on themed on <i>Freedom from sedentary lifestyle</i>.
DAY 3 1ST DEC. 2021	<ul style="list-style-type: none">• PROJECT on Indigenous games of India- Azadi Ka Amrit Mahotsav with traditional games of India.• PROJECT on importance of “Eat Right/ Santulit Aahar”.
DAY 4 2ND DEC. 2021	MARATHON 2 kms around their house
DAY 5 3RD DEC 2021	<ul style="list-style-type: none">• Yoga and Meditation Day.
DAY 6 4TH DEC 2021	Pledge of fitness on the occasion of Azadi Ka Amrit Mahotsav to culminate School Week with self- assertion for leading a new fit and healthy life ahead.

This programme is to be followed for Fit India One week school programme from 29th Nov. to 4th Dec. 2021, for all the classes 6th to 8th, 9th and 11th, kindly upload the same calendar in your respective classes and follow it from 6th Dec. 2021 onwards till 11th Dec. 2021, all students to send the photos and videos and same to be sent to be in a form of a report day wise.

Thanks

Amit kaur