

## **FIT INDIA WEEK**

(1<sup>st</sup> - 6<sup>th</sup> December 2020)

The Fit India School Week, an initiative of Hon'ble Prime Minister and CBSE was virtually conducted where a plethora of activities were organised during the week. The days would start with a **virtual assembly** and a variety of topics viz. Free hand exercises, Common Yoga Protocols, Diet & Nutrition during pandemic and Activities for fitness sessions at home, were covered in the week. In the **language periods**, the girls were engaged in writing open letter to Youth of the Nation on the topic- 'Power of Fitness', essay/poem writing competition on the theme 'Fitness beats pandemic' and presenting their views on the topic- 'Exercise is a celebration of what your body can do, not a punishment for what you ate'.

**Art classes** were utilized in the Poster Making Competition on the theme 'Hum Fit Toh India Fit' & 'New India Fit India'. For promoting mental fitness, students were encouraged to play brain games like playing chess or solving the rubik's cube. **Online fitness sessions** conducted by the faculty of sports promoted fitness focused on activities viz. Aerobics, Dance forms, Rope Skipping, Hopscotch, Zig Zag and Shuttle Running. Staff and the students enjoyed thoroughly the **virtual challenges** thrown to them during the week. These included Squats challenge, Step-up challenge, Spot jogging, Rope skipping and Ball dribbling.

While junior school girls particularly enjoyed the activities- Hacky sack at home (juggling with feet & hand – warm up activity), Fitness Circuit (drawing a ladder on the floor with a chalk piece or crayon) and Preparing Advertisements on 'Hum Fit Toh India Fit', 'Emotional and Physical well-being are interconnected'; the senior school girls enjoyed podcast on 'Get fit, don't quit' and 'Mental Health is not a destination but a journey'.

Overall, it was a week wherein the students and staff alike immersed themselves in fitness spree.

[https://drive.google.com/drive/folders/1R1xdpU1nbj70AtbNFx0p\\_UVAjM4vcpJA](https://drive.google.com/drive/folders/1R1xdpU1nbj70AtbNFx0p_UVAjM4vcpJA)