

Vidya Devi Jindal School, Hisar H.R

Fit India Week (Khelo India) 2022

Date: 30 Aug 22 to 3Sep 2022

Fit India Week is an event organized by the Ministry of Health department India for all CBSE school students in India under the Khelo India campaign, whose objective is to evaluate the health records of school students in online mode through a mobile application (Khelo India Assessor App).

During this event, the Sports Department of our school united under the spirit of sports and

did BMI, Endurance, Speed, Flexibility, and Strength test for 551 students in just one week

under this, short videos of activities like Yoga, Swimming Throwball have been uploaded.

Apart from this, the Sports Department will continue to conduct the fitness test for more and

more students of the school through this application.

Yoga



Endurance



Speed, Strengths, and Flexibility

