

## FIT INDIA SCHOOL WEEK 2020

### DAY 2 ACTIVITIES

#### **Theme – Physical fitness session -Prelims continued**

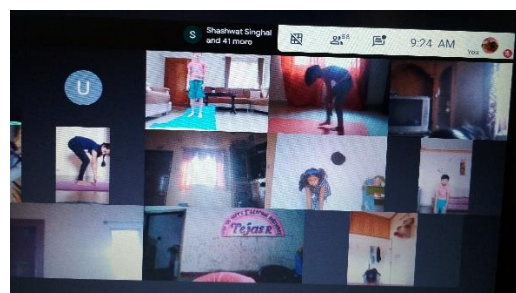
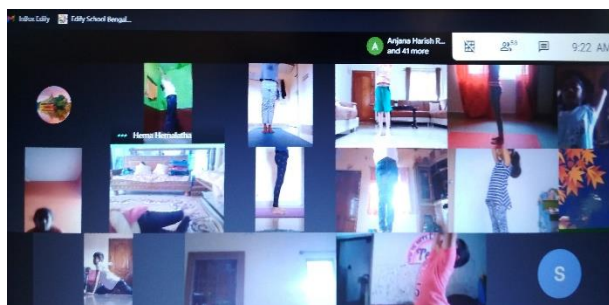
Date – 18<sup>th</sup> November 2020

Grade- grade4& 5

Physical fitness session was conducted for grade 4&5 students as a part of 'FIT INDIA WEEK'.

The sports facilitators demonstrated the students with three different types of fitness exercise-squats challenge, sit-up challenge and on the spot jogging. The students chose one fitness challenge out of three and performed for 30 seconds.

Preliminary will be conducted this week and the best performances will be conducted on 23<sup>rd</sup> November 2020.



#### **Theme/Topic - 'Diet and Nutrition during the pandemic'**

Date – 18<sup>TH</sup> November 2020

Grade – GR 3&5

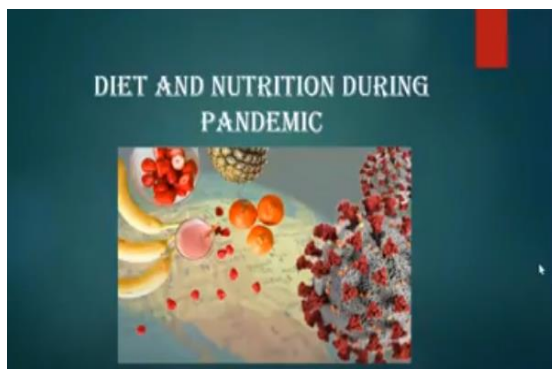
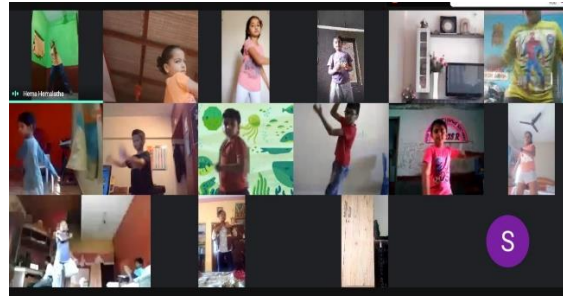
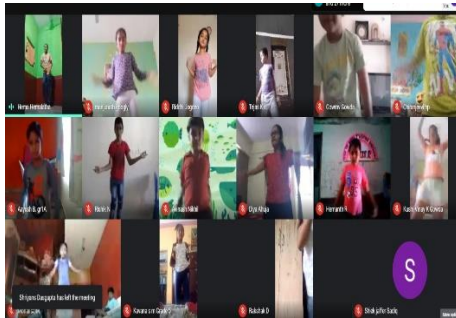
Venue – Virtual platform

As a part of the 'FIT INDIA WEEK', virtual session was conducted for gr 3 and gr 5 students on the topic 'Diet and Nutrition during pandemic'.

The session emphasized on the taking ample portions of healthy and nutritional diet in order to boost up our immunity along with proper fitness exercises.

The session was very interactive and the students also shared their opinion and views about healthy eating.

Overall, it was a very interactive session wherein the main objective was to make health and nutrition a priority during the Covid 19.



## Theme/Topic – Power of fitness for youth- open letters

Date – 18<sup>th</sup> November 2020

Grade – grade9 &10

Venue – Virtual platform

As a part of the 'FIT INDIA WEEK ', students of grade 9 and 10 conducted an activity on the theme' Power of fitness 'through open letters on a virtual platform.

The students emphasized the importance of exercising which is essential for our wellbeing during this pandemic situation.

In their open letters , the students have urged that the youth are the backbone of the country and fitness is the key for increasing the productivity of the youth. Fitness makes the youth powerful and everyone should take care of their body as it's the only place we have to live.

### Topic: Open letter to youth of the nation on power of Fitness

Dibouti Vijay  
Edify School  
Bengaluru  
18<sup>th</sup> November, 2020  
The youth  
India  
Subject: Power of fitness  
Dear Youth,

I have written the letter to the youth of nation to tell them the power of fitness  
Fitness builds and defines the character of a nation. It helps in elevating qualities like discipline, determination, teamwork and a passion for fitness in the psyche of a nation. It helps the youth to follow the proper direction. Youth can play an important role in every field and if they are determined to put in their best, then no one can stop them from achieving success. All of this possible only when the youth is fit and healthy. Fitness helps build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions. Fitness helps us fight diseases and keeps our immunity boosted. That's the power of fitness.

Hope the youth knows that they are the backbone of the country and fitness is the key for increasing the productivity of the youth. Fitness is the key for increasing the productivity of the youth. Fitness makes the youth powerful. "Take care of your body it's the only place you have to live".

Yours sincerely  
Dibouti Vijay

### Topic: Open letter to youth of the nation on power of Fitness

To  
Youth of the Nation  
17<sup>th</sup> November, 2020  
Citizen of India  
Subject: The power of fitness

To the youth of Nation

Fitness in any form is the primary step and duty of ours to respect our mind and body and rejoice a better tomorrow. Fitness is fulfilled with enthusiasm, determination and zeal of overcoming laziness. To the youth of this nation or the future of this nation, persuading a sport is enough for our daily body maintenance.

A fit body includes wealthy physical endurance, mental agility. The power of tomorrow is the youth of today. Healthy mind resides in a healthy body.

Thanking you  
Yours sincerely  
Priya

## Theme/ Topic – Poster making –‘HUM FIT TOH INDIA FIT.’

Date – 19<sup>th</sup> November 2020

Grade – GR6

'Exercise not only changes your body,

It changes your mind, your attitude and your mood.'-anonymous

A poster making activity on the theme of 'HUM FIT TOH INDIA FIT ' was conducted for secondary students from grade7 on a virtual platform as a part of 'FIT INDIA WEEK'.

The students exhibited their awareness about importance of fit body and health through posters. The students, through the posters, gave the message to all that exercise is essential for well being during Covid 19 pandemic.



## Theme /Topic – Essay Writing on –‘FITNESS BEATS PANDEMIC’

Date – 19<sup>th</sup> November 2020

Grade – GR6

'Doing hard things makes you stronger .

Challenge yourself everyday'.

As a part of 'Fit India School Week' essay writing session was conducted on a virtual platform for grade6 students on the topic' Fitness beats pandemic '. Essay writing is

a very sensitive form of self expression. It is a harmonious blending of 'thought' and 'expression'. The students through their essay writing expressed a positive thought on the importance of fitness, healthy diet and nutrition to boost up the immune system and fight against pandemic.

**Essay on fit India**

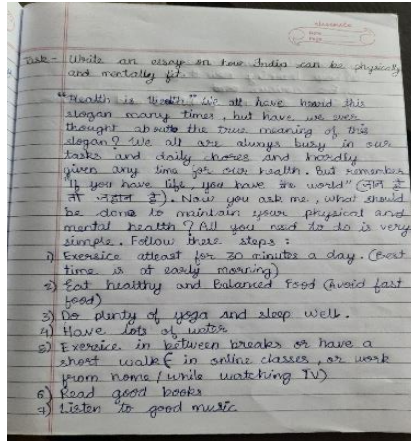
"A little progress each day adds up to a big result."

Fitness is a key for well being and survival. Realizing its importance, the government of india started the fit india movement keeping in mind the well being of the youngsters and elders of our country.

The fit india movement is a campaign that encourages people to remain fit by including physical activities, sports and yoga in their daily lives. This campaign started on 29 August 2019. The aim of this campaign was to make the people of India more fit. This campaign helped many people since the nation-wide lockdown has been very long and a bit boring. There are many ways in which you can stay fit like doing yoga in the morning for your mental health. After that you can do some exercise like stretching and push ups etc.

Doing all of these not only helps you maintain fit but also helps you prevent some kinds of body pain and even diseases! That's why being fit is so important for our body.

Being fit and healthy is not only important for us but also for our country. Therefore, fit you, fit india!



**Theme/ Topic – Poster making – DIET AND NUTRITION DURING PANDEMIC (kannada activity)**

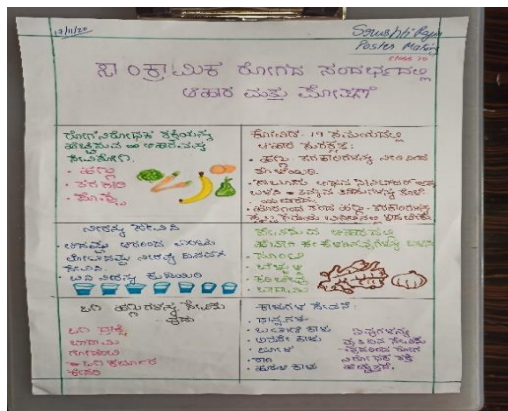
Date – 18<sup>th</sup> November 2020

Grade – Gr 10

A poster making (kannada activity) on the theme 'Diet and Nutrition during pandemic' was conducted for grade10 students on a virtual platform as a part of 'FIT INDIA SCHOOL WEEK'.

The students exhibited their awareness about importance of good nutrition and balanced diet that will help in boosting up our immune system and fight against Covid.

Overall, it was a very interactive session wherein the main objective was to make health and nutrition a priority during the Covid 19.







వీక్షణీయ చిత్రం - తొక్కుడు, నూరనూర, బంజులపప్పు, షాపిరి

వివిధ రుచులను పొందే కలిపివారు, వీక్షణీయ చిత్రం నూరనూర బంజులపప్పు వంటకాన్ని తయారు చేశారు.

వీక్షణీయ చిత్రం వంటకాన్ని తయారు చేశారు. వీక్షణీయ చిత్రం వంటకాన్ని తయారు చేశారు.

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Pooja Reddy

## సాంక్రమిక యోగద సంఘాలకు తినాక ముక్కు యోగం

**సాంక్రమిక యోగద సంఘాలకు, ఇతర వ్యక్తులకు తినాక ముక్కు యోగం:**

సాంక్రమిక యోగద సంఘాలకు, ఇతర వ్యక్తులకు తినాక ముక్కు యోగం:

సాంక్రమిక యోగద సంఘాలకు, ఇతర వ్యక్తులకు తినాక ముక్కు యోగం:

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Pooja Reddy