

## FIT INDIA SCHOOL WEEK 2020

### DAY 1 ACTIVITIES

#### **Theme – Physical fitness session**

Date – 17<sup>th</sup> November 2020

Grade- IK to gr5

'Fitness isn't a seasonal hobby .

Fitness is a lifestyle.'-anonymous

Physical fitness session was conducted for grade 3-5 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 conducted on 23<sup>rd</sup> November 2020.



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

Date – 17<sup>TH</sup> November 2020

Grade – GR 3

Venue – Virtual platform

'A healthy outside starts from the inside.' Anonymous

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

This topic was integrated with IM2-inquiry cycle as students are learning about human body systems.

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 - 'Health and Nutrition during the pandemic'**

Date – 17<sup>TH</sup> November 2020

Grade – grade9

Venue – Virtual platform

As a part of the 'FIT INDIA WEEK ', students of grade 9 presented a symposium on the theme 'Health and Nutrition during the pandemic ' on a virtual platform.

In this symposium presentation, the students created awareness on eating a healthy diet especially during the COVID-19 pandemic. What we eat and drink can affect our body's ability to prevent, fight and recover from infections. While no foods or dietary supplements can prevent or cure COVID-19 infection, healthy diets are important for supporting immune systems. Good nutrition can also reduce the likelihood of developing other health problems, including obesity, heart disease, diabetes and some types of cancer.

The students also shared dietary recommendations, advantages and disadvantages of some food items and giving importance to the nutritional values which will help to increase metabolism and build up strong immune system during this pandemic situation.

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- Mental health during pandemic

Date- 17<sup>th</sup> November 2020

Grade – Grade6

"No amount of anxiety can change the future. No amount of regret can change the past."-Anonymous

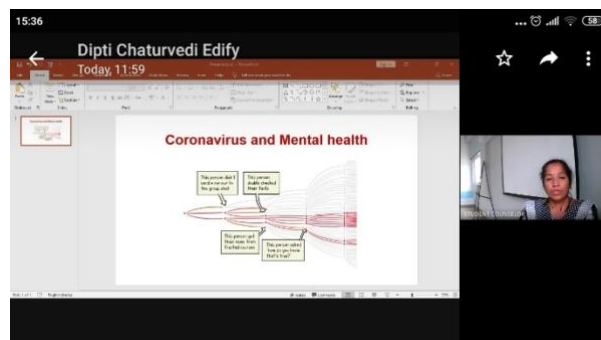
The coronavirus pandemic and the lockdown has led to a rise in mental health issues such as stress and anxiety for many people across the globe.

These unprecedented times have led to the rise of several mental health issues such as stress, depression, and anxiety in many people, especially those who are under economic stress, food scarcity, and health conditions.

As a part of the 'Fit India School week' students of grade 6 were engaged in a healthy discussion with our student counsellor Ms. Nagashree on the theme 'Mental Health during Pandemic' on a virtual platform. The students shared their own perspectives and understanding on this topic. Some students also shared their own experience of stress and anxiety during the pandemic times.

Ms. Nagashree also discussed on the ways and means of creating awareness ,positive attitude and self esteem during the post covid situation.

Accepting the new normal should be the new motto of overcoming mental stress in the post pandemic scenario.



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

Date – 17<sup>th</sup> November 2020

Grade – gr 6 to gr 10

'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 grade6-10 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.

