

FIT INDIA SCHOOL WEEK - 2020

“It is health that is real wealth and not pieces of gold and silver” – Mahatma Gandhi

Being physically fit is of utmost importance for any nation to progress. In order to face the challenges posed by the modern lifestyle with utmost energy and positivity and especially in these days of COVID-19 Pandemic which has brought along with it, the need to be physically fit and mentally and emotionally strong, CBSE has decided to take the 2nd edition of the “Fit India School Week” virtually by conducting various activities to increase the awareness about physical fitness among the students and their families.

We, at Springdays School conducted various activities for classes Kindergarten to Std. XI as part of ‘Fit India Movement’, where the students will be made aware of the importance of fitness, healthy habits, food, hygiene etc. Videos were played to the students where the students have to do the exercises along with the fitness videos played and also encouraged to continue practicing at home every day. Playing short films enacted by students, conducting quiz on the topic Nutrition, Fitness & Sports were also part of this programme. Students from Std. VI to XI were also encouraged to participate in poster making, slogan making, and speech about fitness to improve their understanding about being fit. Students participated enthusiastically and gave good responses.

On the whole “Fit India Week-2020” was indeed a great learning experience to students. They have learnt that regular exercise will strengthen their body from lungs to immune systems which in turn will lead to academic excellence as well as a happy life. The following pictures depict the various activities conducted and artwork done by the students of class VI to XI as part of “Fit India School Week”

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Dismiss

Who first brought yoga to Humanity ?

- a) Buddha
- b) Patanjali
- c) Hatha yoga pradipika
- d) Shiva

42:37

Request control

Meeting chat

- lactose
- SAMYUKTHA V 1:50 PM cobra pose
- ANISH GANESH 1:52 PM egg
- ANISH GANESH 1:53 PM vitamin EW
- ANISH GANESH 1:53 PM vitamin E
- ANISH GANESH 1:54 PM calories
- ANISH GANESH 1:55 PM white
- MITHILESH MAC M 1:56 PM cleaning worker
- MITHILESH MAC M 1:59 PM vitamin E

Reply

SANDHYA M K

41

KERCHI KANISH...

KAVYASRI P


CAROLINA MADRIVA B L

SANDHYA M K

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Name of the pose (Asana) ?



32:45

Request control

Meeting chat

- ESTHER SUSAN GEORGE 1:29 PM Good Morning ma'am
- SAMYUKTHA V 1:39 PM Good afternoon teachers !!
- NISHITHAA V S 1:39 PM Good afternoon ma'am

Meeting

Recording has started

- RAIHANNA ANNUM FAT... 1:46 PM Good afternoon mam!!!!
- SAMYUKTHA V 1:46 PM Hi ma'a
- SAMYUKTHA V 1:46 PM m
- SAMANYA P 1:49 PM lactose

Reply

SANDHYA M K

39

CAROLINA MADRIVA B L

CAROLINA MADRIVA B L

CAROLINA MADRIVA B L

SANDHYA M K

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Ans :

6) Vitamin B

Meeting chat

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Request control

SANDHYA M K

41

YEEETHI VISHU

KAVYASHI D

SK

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Class 6B - Morn... Hold 16:08

RESMI RAVI R S

23:38

Request control

48

KAVYASHI D

VISHNAV R S

AADHAVAN X

PRAMOTH S

RAJESH K

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Class 6B - Morn... Hold 15:16

RESMI RAVI R S

22:46

Request control

47

KAVYASHI D

VISHNAV R S

AADHAVAN X

PRAMOTH S

KATISH K

RESMI RAVI R S

