



FIT INDIA MOVEMENT-FITNESS WEEK CELEBRATION 2019

"Fitness has zero investment and hundred per cent return."

- PM Narendra Modi

- On 29 Aug 2019, the Honorable Prime Minister, Mr Narendra Modi, launched a nation-wide **"Fit India Movement"** aimed to encourage people to inculcate physical activity and sports in everyday lives and daily routine.
- To take this mission forward, **CBSE has decided that each year in SECOND and THIRD WEEK of November, a total of 06 working days, will be celebrated as "Fitness Week" in all its affiliated schools.** This movement therefore endeavors to alter the behavior from, 'Passive Screen time' to 'Active Field time' and the objective is to develop Sports Quotient among all the students to achieve a healthy lifestyle. It will also instill in students the understanding for regular physical activity and higher levels of fitness enhancing in them self-esteem and confidence.

The following activities will be undertaken by the school during the Fitness Week Celebration 2019 :

Day	Date	Activity	Class	Timing	Teacher in Charge
1	18.11.2019	<ul style="list-style-type: none"> Yoga For All (Lecture) Morning Assembly –Free Hand exercise for all 	VI-VIII VI-VIII	9.30am To 10.00am 10.00am To 10.30	Ms Preeti Mr Vardan Mr Ramesh
2	19.11.2019 To 22.11.2019	<ul style="list-style-type: none"> Fitness Assessment of Students (Khelo India') 	I-III	9.30am To 12.30pm	Ms. Rani Mr. Ramesh Mr D Bist
3	19.11.2019	Poster Making Competition <ul style="list-style-type: none"> HEALTHY & FIT FITNESS FOR ALL INDIAN TRADITIONAL GAMES 	XI	10.00am To 12.30pm	Mr D Bist & Coaches
4	20.11.2019	<ul style="list-style-type: none"> Sports Quiz 	III-V	Smart Class 9.00am To 10.30pm	Ms Preeti Jain Ms Rani Negi Mr. Vardhan Sharma
5	22.11.2019	<ul style="list-style-type: none"> Physical Activities -Martial Art Competition for Staff Competition for Staff 	IX Lady Teachers Badminton Male Staff/Parents Table Tennis	8.00am To 9.00 9.30am To 12.30pm	Mr Amit Arora (Parent) Mr D Bist Mr Vardhan

6	22.11.2019 & 23.11.2019	Traditional Games <ul style="list-style-type: none"> • Chor- Sipahi 22/22/19 • Marbles 23/11/19 • Langadi Tang 22/11/19 • Pitthu 23/11/19 • Kabbadi 22/11/19 • Atya Patya 23/11/19 • Kho Kho 22/11/19 (as per suggestive traditional games list given by CBSE)	I II III-IV V-VI VII-VIII (B) VII-VIII(G) IX	Ms Rani Negi Ms Rani Negi Mr Tarachand Mr D Bist Mr Vardhan Mr Ramesh Mr Ashutosh Mr Mohan
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The following activities will be undertaken under taken during the Fitness Week Celebration in the School:

- **A brief report about the activities undertaken and related pictures/videos are to be submitted Mr D Bist on the Next Day for compilation and uploading on school website.**

Asha Prabhakar
(Principal)

स्वच्छ भारत
एक कदम स्वच्छता की ओर

Copy to

- Concerned Staff
- Physical Education Dept.
- Mr. S K Bhattacharya (Convener, Sports Council)