

Fit India Week November 2020



“Be Active Be Healthy Be Happy”

The aim of fit India movement is to encourage Indians to include fitness activities and sports in their daily lives to pave way for a healthy and fit lifestyle. School students are the best ambassadors to carry forward this legacy of an active lifestyle.

“Fit India Week” was organized by the P.E department for classes VI to X during their respective P.E periods with the theme of **“Be Active & Be Healthy”** to encourage the children to do daily physical activity. This event aimed to encourage children to do physical activities at home. Under this initiative, parents were requested to encourage their wards to do scheduled activities every day for at least thirty minutes. For this event, videos of planned activities were shared with the children through their class Whatsapp groups. These five days of fit India week were full of practice, learning, and understanding. Children of all classes actively and wholeheartedly participated in it.

“Stay Fit, Stay Healthy”