



## *Inter House Fitness Week-2020*

*If you can believe it, the mind can achieve it.*

*-----Ronnie Lott*

Regular physical activity not only supports healthy growth and development in children, but also reduces the risk of diseases in later life. Also, through simple activities to maintain good health and fitness.

In an attempt to promote fitness among the children, an inter-house fitness meet was conducted virtually through Microsoft teams from 7<sup>th</sup> Dec to 11<sup>th</sup> Dec 2020 as a part of Fit India school week 2020. The major objective of the initiative was to bring about a behavioral change in the children for spending “Active Field Time” from “Passive Screen Time”. The various conducted activities were sports awareness quiz, health awareness seminar, yoga, plank, static squats against wall, pushups, and rope skipping for the classes 6th to 11th. Children of all classes actively and wholeheartedly participated in it.

\*\*\*\*\*

