

FIT INDIA CELEBRATION WEEK

As per the instructions given by CBSE we observed the Fitness week from 21st November 2019 to 29th November 2019. Our Senior Principal Mrs. Ajitha Mathews gave an introduction on fitness and healthy living.

Guided by our Senior Principal we had planned the Fitness week to be very informative, creative, thoughtful and relevant for the children to live a healthy life and practice a healthy living for themselves as well as their surroundings.

By doing this children have learned to..

- Find an enjoyable sport
- Spending time with their family
- Avoid junk foods
- Learn the importance of healthy food
- Get better sleep
- Understand the importance of physical and mental fitness

Activities conducted in St. John's Universal School:

Day 1 (21.11.19):

I. Speech given by Staff and students on the topic "Fitness and Nutrition"

- Teachers spoke on the
 1. Protective food
 2. Body building food
 3. Energy giving food
 4. Roughage



- Student: One of our students spoke on healthy food habits and having a healthy life.



II. **Yoga:** Our Physical education instructor demonstrated and explained about the importance of these yogasanas

1. Surya Namaskar
2. Padmasana
3. Trikonasana
4. Chakrasana
5. Savasana



The students performed the asanas.

Day 2 (22.11.19):

I. Free hand exercise for all the students was conducted for relaxation and flexibility by the physical education department.



II. Mrs. Olive Samantha our school counsellor gave a lecture on “Mental Fitness”



Day 3 (25.11.19):

I. **Poster making competition** was conducted for students on the theme “Fit Body- Fit Mind- Fit Environment”. Around 40 students participated and brought out their creative ideas through art and had an exciting session.



Day 4 (26.11.19):

- I. **Dance** not only subjects to physical health but also contributes to mental health.

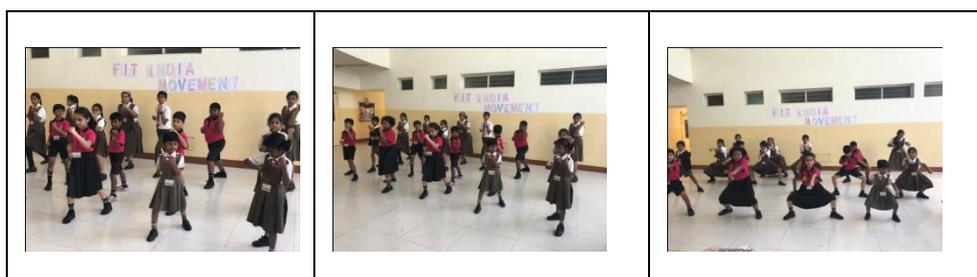
Benefits of dance:

- Weight management
- Stronger bones
- Greater self confidence and self esteem
- Better social skills

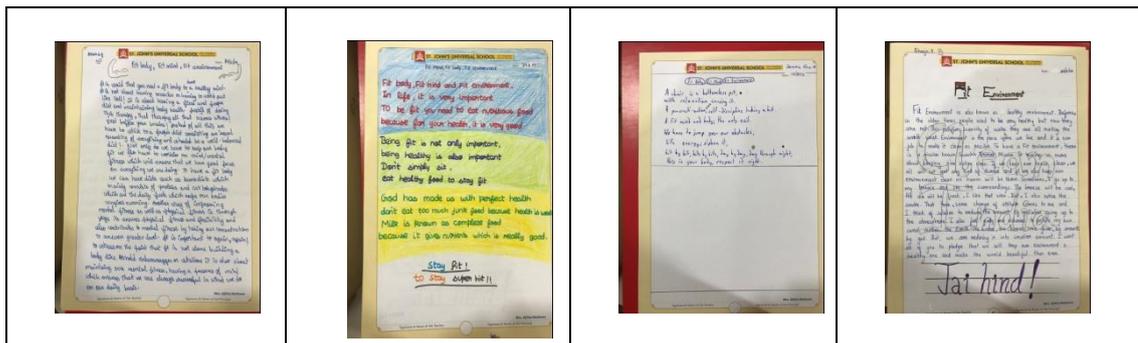


Keeping benefits of dance in mind our school has incorporated dance as a regular activity of the school. The children display their talent in dancing every Annual Day and many of the club activities.

Our school conducts Karate classes for our students.



II. **Essay and poetry writing competition** for all students was conducted on theme “Fit India School”- Around 40 students participated and were able to bring out their ideas on fitness.



Day 5 (27.11.19):

I. **Sports Quiz:** Physical education department conducted a sport quiz where the children involved themselves actively and had an enjoyable session.



Day 6 (28.11.19):

Children played Kho-Kho in-order to celebrate Unity in Diversity in our school.



Our School conducts Annual Athletic Meet every year to train all our students to be physically fit and bring out their athletic acumen. We also conduct intramural games for students belonging to the junior and senior category. Various club activities are organised in which the children are trained to perform dances, choreographies etc., which keep them fit. Each year we conduct programs like School Annual Day, Christmas Celebrations, Independence Day celebration, Children’s day and other relevant programs where in the students get ample opportunities to develop their physical fitness through dances, aerobics and other related activities. The mass drills of the Annual Athletic meet with Human Pyramids, display of Martial Arts, Aerobics, and display of exercise are also other such activities which help in developing physical and mental fitness.