

Report On Fit India Movement -2019

*Fit India movement -2019 programs is organized in **St. Mary's Convent School Aghwanpur** in very grand manner. The movement was conducted by according to the six days schedule. It was third week of November 2019. All the staff and student were participated in this movement. The program followed below.*

Day 1

Fit India movement -2019 started with morning assembly. The brief introduction has given by respected **Principal Sr. Celin Varghese**. Followed her Yoga was conducted and taught to the student by Yoga teacher Ms. Meenu. The day 1 got over by yoga practice.

Day 2

Fit India school week day-2 observed on the day 2nd of third week of November.

- ❖ The day started with morning Assembly. The free hands exercise drill taught to the students during morning Assembly.
- ❖ The students were subjected to do the exercise at home.
- ❖ Finally, the physical educator explained about an importance and benefits of exercise.

Day 3

The day 3rd program arranged in 3rd period. **The poster making competition** conducted to students from class 6th to 9th. An enough number of students participated in this competition and the topic was **"Fit Body- Fit Mind- Fit Environment"**.

Day 4

- ❖ The *Dance, Aerobics, Yoga, Rope skipping, Gardening* etc. were organized for the student on day -4th .
- ❖ The Dance and Aerobics were conducted in activity room to the students by physical educator for women.
- ❖ Dance and Aerobics steps were taught to them and they practiced very gently.
- ❖ Yoga and Gardening were organized for male students.
- ❖ Numbers of students participated and performed Yoga. Then all the students have taken to the garden and they planted various plants in the garden.
- ❖ The Rope Skipping exercise was arranged for girls under the head of physical educator for women and the skipping exercise taught to the girls who participated in this activity.
- ❖ All the girls were subjected to do the skipping as physical educator did.
- ❖ The result was all the students are able to do this exercise alone and they are advised to do it at home every day.
- ❖ Finally, the physical educator taught the advantages of skipping exercise.
- ❖ On the same day, an essay competition was conducted for class IX on the topic “**Fit India School**”.
- ❖ The class IX both boys and girls were participated and wrote an essay not more 400 words.
- ❖ The day-4 concluded with above activities.

Day 5

- ❖ To observe Fit India Movement in our school on day -5 Quiz was conducted for the higher class students on the topic “Fitness/Sports”.
- ❖ The classes from IX and X students were divided in to four groups. The names were attached to each group and quiz questions were prepared by the teacher and the quiz competition was conducted.
- ❖ Finally the in charge teacher announced the winners.

Day 6

- ❖ The competition for students, staff and parents were organized on the day- 6.
- ❖ The traditional, indigenous, regional games were conducted for all, to celebrate the unity in diversity of our nation and to maintain and strengthen the fabric of traditionally existing emotional bonds between the people of our country.
- ❖ We selected the games from partner state-1 Uttar Pradesh. Like **Gilli Danda, Kanche, Gutte** and we have the partner state-2 game from Arunachal Pradesh & Meghalaya (Tug of War).
- ❖ The material of game and play ground preferred well by physical educators.
- ❖ We invited the parents, staff and students to celebrate the Fit India Movement.
- ❖ The parents, staff and students participated in all games and we motivated them to participate in partner state -2 game **Tug of War**.
- ❖ Finally the principal **Sr. Celin Varghese** distributed the price for winners to motivate them.
- ❖ The day-6 concluded with prize distribution.

Photographs



