

NORTH EAST PUBLIC SCHOOL ROWTA

FIT INDIA SCHOOL WEEK - 2020

REPORT

North East Public school Rowta in compliance with the CBSE initiated Fit India School Week conducted virtually from 7th **December to 19th December, 2020** for Students, parents and staff.

Following are the day wise virtual activities and tasks organized by the school in this regard:

Day 1. Free Hand Exercise

A morning virtual assembly was conducted for the students of all the classes and briefed about the importance of exercise, healthy life style and need of building the immunity to protect from various diseases. After a warming up exercise students were guided to do variety of exercise.

Day 2. YOGA ACTIVITIES

A session on yoga was organized under the leadership of Yoga master for the students during the virtual morning assembly. In this session, the students were apprised of the benefits of yoga leading a healthy life. The students performed poses of surya namaskar and various asanas.

Day 3. Brain Games Activity.

Seeing the role of Brain games in the improvement of concentration and problem solving capacities the students were given time for the game of chess, puzzle and Rubik's Cube.

Day 4. Lecture about Diet and Nutrition, Essay writing competition

Physical Instructor and Science teachers of our school motivated the students the need and importance of proper diet and nutrition during pandemic. An essay writing competition held on theme "Fitness beats Pandemic" for the students of class VIII & IX

Day 5: Online Quiz and Aerobics session

The students were actively participated in the online quiz that arranged by the school. Aerobics session organized for the students and parents, fit India Active capsules shared for demonstration purpose.

Day: 6: Family Fitness

The students and parents are encouraged to do regular exercise. The PE Instructors led the warming-up exercises and prompted them into some basic physical training.

Images of various activities of Fit India School Week 2020





FIT INDIA SCHOOL WEEK – 2021

Fit India Freedom Run 2.0

North East Public School Rowta has organized Fit India Freedom Run 2.0 in September month, keeping mind that the importance of healthy mind and body in the present scenario.

