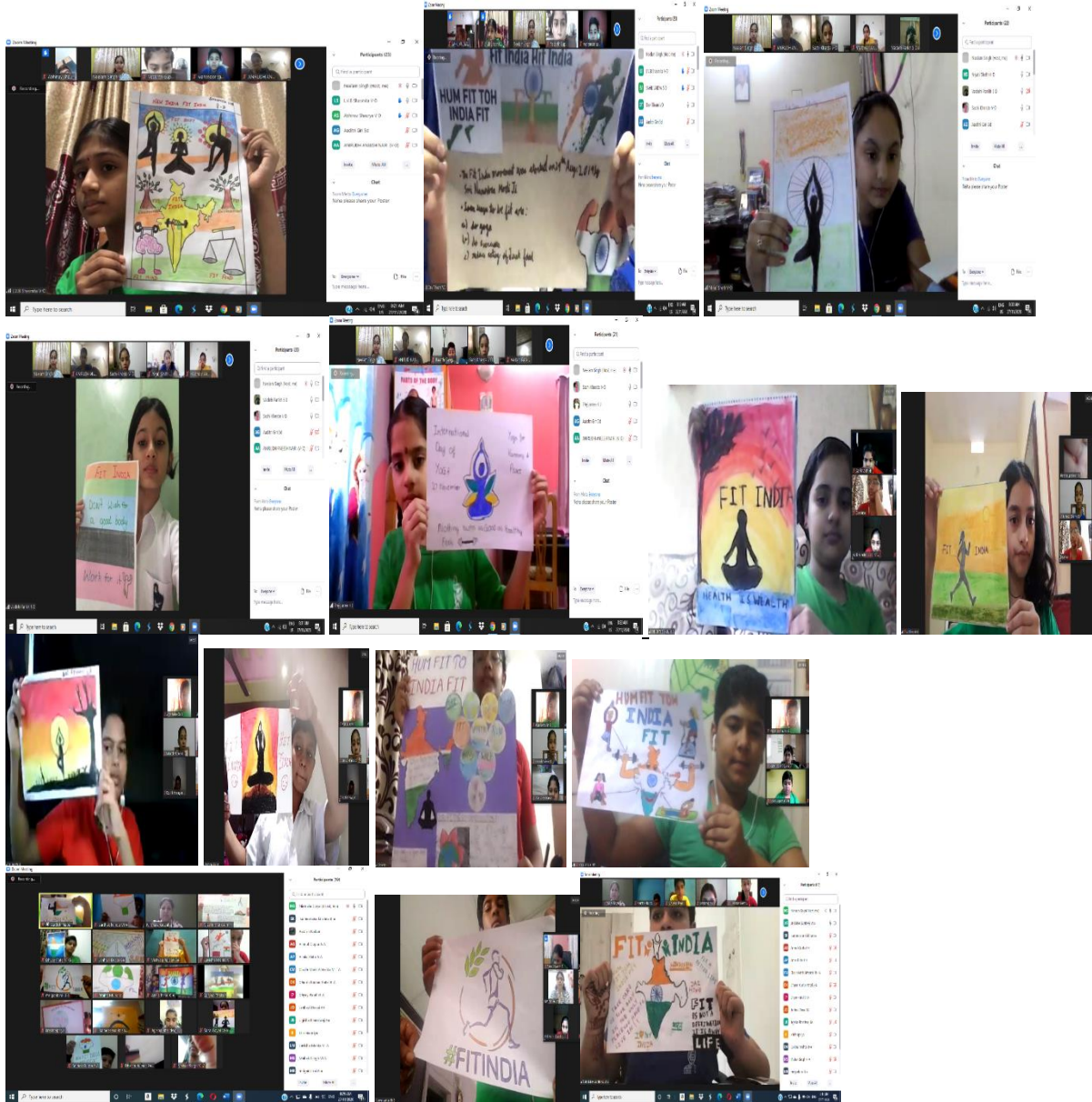


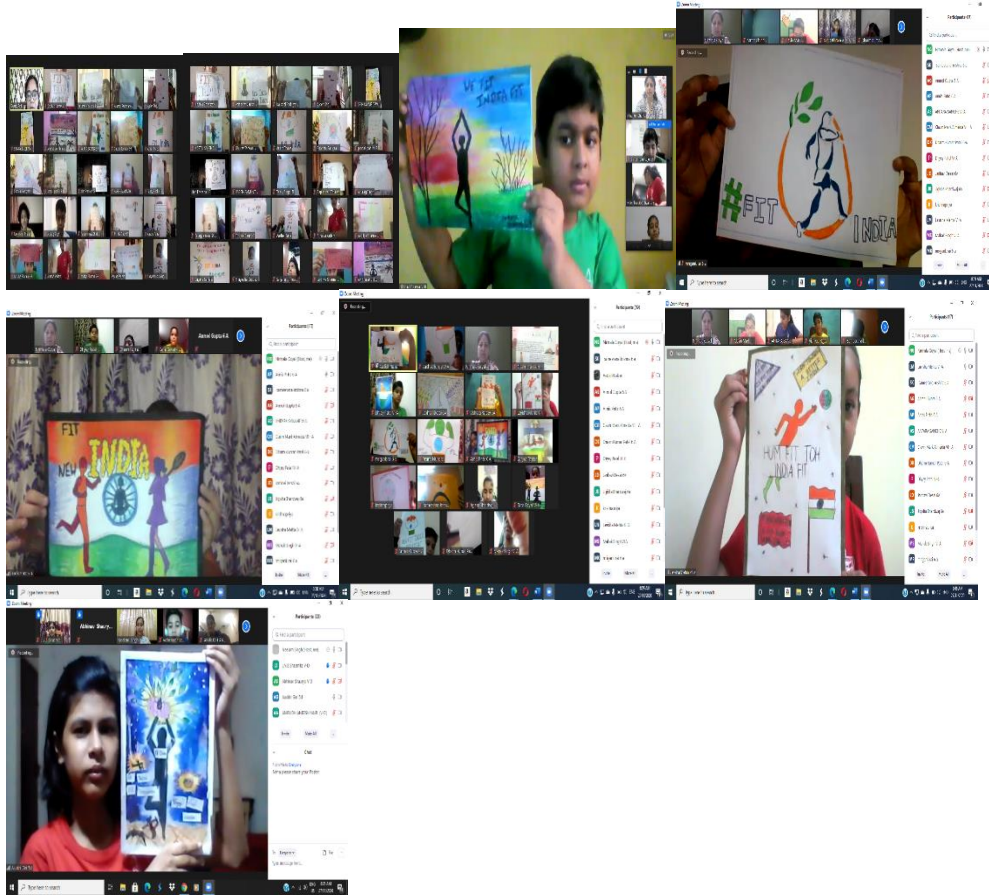
FIT INDIA SCHOOL WEEK CELEBRATION 2020

DAY 1 ACTIVITY:

To celebrate Fit India School Week, Poster making / Advertisement/ movie/ essay writing was conducted in various grades before-hand and presented to the Class Teachers of grades VI to XII during a live class.

Poster Making Competition on theme “Hum Fit Toh India Fit” or “New India Fit India” Grade V & VI



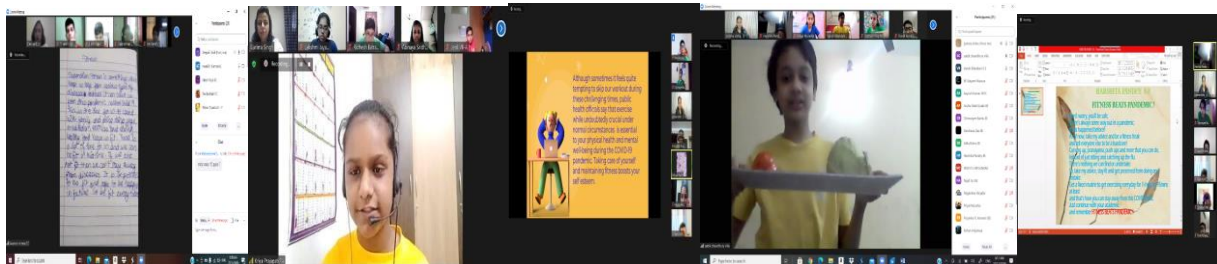


Essay/Poem Writing Competition on theme “Fitness beats pandemic” Grade VII & VIII

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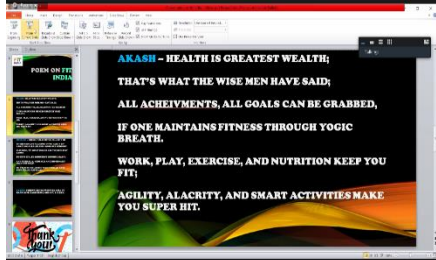
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Fitness Beats Pandemic

The Covid -19 pandemic has caused significant disruptions in our lives. As the routines so many of us base our lives around have been altered, between the victims has been many providers personal fitness. We need to maintain the fitness more than ever. This essay will provide a few tips for continuing a regimen of physical activity and fitness while dealing with the pandemic. What should be prioritized fitness amid what in many places has turned into survival mode? Quite simply because we have to! Emergency responders' physical and mental well being are tremendously taxed right now, and maintaining some routine of physical fitness can go along way toward helping both. The benefits of staying fit: improvements in cardiovascular and respiratory health, better regulation of blood sugar, the potential to reduce or eliminate prescription medications (such as for diabetes or blood pressure), weight loss, reduction in cancer risk, and improved musculoskeletal strength are some of the better known. This is in no way to suggest that exercise is a form of prevention for coronavirus. However, as the virus does seem to greatly affect the respiratory system, this information should make us consider the potential protective effects continuing a regular fitness routine might provide us a responder.

By : Agastya Sharma VII-A



1. **AUDIO** : <https://drive.google.com/file/d/1056omFb53O1J9vIMdBwLhAhMoWc0I8ij/view>
2. **VIDEO** : <https://drive.google.com/file/d/1BbI64sSJh3hwvSOTfAwnaRYGe8HMPvQN/view?usp=drivesdk>
3. **POEM RECORDING** : https://drive.google.com/file/d/1-uGkRI0N_Ruo0WTpc8GRjdrvqdvVT4L_/view?usp=drivesdk
4. **ESSAY** : <https://drive.google.com/file/d/1mF7Qd8L7Dzrgw2gQKt4viLBC5XxLbGCq/view?usp=sharing>
5. **POEM** : <https://drive.google.com/file/d/1D8cK1CRNAapqfSdzxxZarpfsf9NisoXp/view?usp=sharing>
6. **POEM** : https://drive.google.com/file/d/1UiazTX6cIFs7ZiRQGU0Fo_0V17X0ZnTH/view?usp=sharing
7. **PPT** : https://drive.google.com/file/d/1I1O8cm7yTeDsAX_ykHbTHTHT2ZK797WR/view?ts=5fc0bc70
8. **POEM** : <https://drive.google.com/file/d/1Mf5KUPfxvWycijCdkmC6xisZ2GEbKKW-/view?ts=5fc0adee>
9. **ESSAY** : <https://drive.google.com/file/d/1NdxUXMoVCWY4f6TAmVR-ehcZEsKgOG5H/view?usp=sharing>

Fitness beats the Pandemic

Coronavirus, an infectious disease, A disease taking lives, And spreading negative vibes. The only way to beat this virus,

Is by exercising, Which will make the virus a minus. Exercise is easy, exercise is fun, Exercise is great for everyone!

Run, jog, do yoga, Increase your exercise day by day, Keep at it and you will find the way. To be healthy, to be aware,

Exercise keeps us healthy, Exercise takes care.

..... Anushka Singh 7E

WHEN FITNESS BEATS PANDEMIC - By Aadyansh Maharana

Corona virus also known as Covid-19 has confined us inside our home. This situation which we are facing now one is one of the deadly pandemic of world history. This pandemic has taken many lives. The only vaccine to fight this virus is ,for now is a strong Immune system. We can have a strong immune system if we are fit. Nature has given us a strong immunity. We have to maintain it. For this we have to live a healthy, discipline and active life. We have to eat healthy food. We must concentrate on our exercises. To maintain our fitness, it is required to have good diet with exercises. We cannot go out for playing. We have to do exercises and yoga in our home regularly. Without a fit body we cannot fight with any pandemic. Stay home stay safe and let's beat this pandemic.

Fitness beats
pandemic Dhriti Sap



FITNESS BEATS PANDEMIC

FITNESS KEEPS US SAFE FROM VARIOUS TYPES OF DISEASES AND EVEN IT CAN SAVE US FROM THIS PANDEMIC CALLED COVID 19 .THIS IS THE TIME FOR US TO SPEND TIME IN DOING YOGA , MEDITATION , EXERCISE AND EATING HEALTHY FOOD WITH OUR FAMILY SO THAT IT KEEP US AND OUR FAMILY FIT . THERE IS A LOT OF TIME FOR US AND WE CAN BE FIT IN THIS TIME . DOING PROPER EXERCISE EVERY DAY REALEVES STRESS, AND ALSO

OUR MUSCLES AS WE ARE SITTING IN THE HOUSE DUE TO THE PANDEMIC. IF ARE EATING HEALTHY FOOD EVERYDAY IT WILL GIVE US IMUNITY WHICH WILL HELP US FIGHT THE VIRUS. YOGA AND MEDITATION CAN RELEASE OUR ALL DAY LONG STRESS AND EVEN FROM THE TENSION OF THE COVID – 19. ALTHOUGH GOING OUT AND PLAYING OR DOING SOME EXERCISE IS GOOD BUT NOT POSSIBLE FOR US NOW, WE CAN STILL DO WALKING IN THE HOUSE OR DOING SOME ZUMBA . THIS WILL OBVIOUSLY NOT SAVE US FROM THE VIRUS BUT GIVE US ENERGY TO FIGHT THE VIRUS.THIS TIME IS BAD AND WE ARE NOT ABLE TO GO OUT AND DO SOME EXERCISE BUT WE CAN STAY AT HOME AND KEEP OUR SELVES FIT

Fitness is like a relationship you can't cheat and expect it to work.

A person in fine fettle can lead a happy life under all circumstances. On the other hand, those who are ailing have to struggle even under the best circumstances. Up to scratch health and fitness, are some of the basic necessities for a good living they depend upon many factors like diet, regular exercise, training, environment. Measures taken to reduce the spread of COVID-19 have altered everyday schedules and are disrupting workout routines. During this pandemic exercise has a great gravity because it helps **boost the immune system, prevent weight gain, reduces stress and anxiety, improves sleep.** Regular exercise can help to improve strength and cardiovascular health, It can boost energy and overall well-being. And, it also leads to a healthy mind, which can hence forth helps us cope with problems and offers a feeling of well-being and inner strength. And I would like to end this by saying "Health is like money we don't get to know its real value till we lose it"

Chitransh Rana, 8 B.

Fitness During the COVID-19 Pandemic

"Oh why did this virus exist!"
We all think so
But we all eat and sleep
After our work's done.

We all think exercise is boring,
Why don't we think it's fun.
When we all sit at home,
In this challenging times,
We all become round like time.

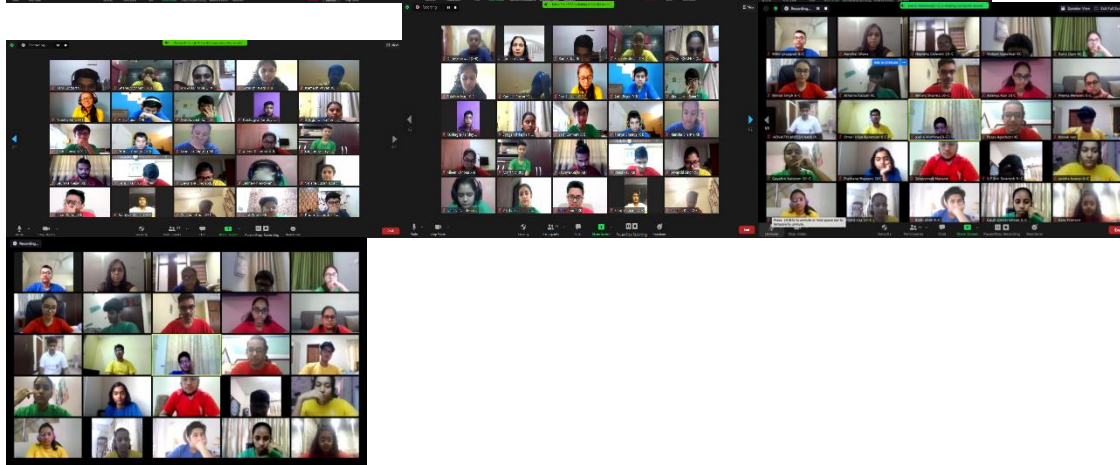
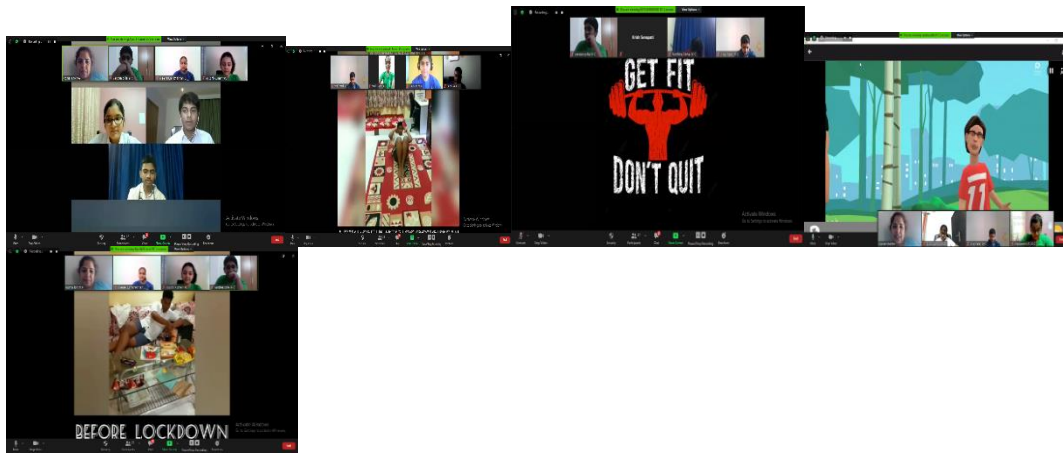
Exercise keeps us fit,
Your day becomes lit.
The boredom we feel,
Because this virus is real.
But we can beat it,
Not only if we eat and sleep well,
But exercise each and every cell.

-Andrea Lazars, VIII-"B"

Link of the poem written by Shreyasi Rajawat 8B on Fitness beats Pandemic.

https://drive.google.com/file/d/121Hw2n_tMETt68Autw-nWzarKSDNYh30/view?usp=sharing

Podcast/Movie making on suggested themes – "Get fit, don't quit"; "Mental Health is not a destination but a journey" Grade IX & X



<https://anchor.fm/dhruv-gaikwad4/episodes/Get-Fit--Dont-Quit-en0644>

<https://drive.google.com/file/d/1RjdExvalzhff9O4v-JKIvSCyWh4VzYHU/view?usp=sharing>

PODCAST: <https://drive.google.com/file/d/1eBFaerXloLEZWLTPQ6AatOsrX9rtAyGQ/view?usp=drivesdk>

PRESENTATION: https://drive.google.com/file/d/1P158mWsj9_bsrh9z_Aw4d0tF9Nrvpgoa/view?usp=sharing

VIDEO: <https://drive.google.com/file/d/1vlu0JmGZTWO3jth1ugCVU7bbaZ0vENXE/view?usp=sharing>

ANIMATED MOVIE: <https://drive.google.com/file/d/1z92KmVgucNMLT1H6cgK-D5TnzbcIcEWC/view?usp=sharing>

GROUP I- VIDEO- <https://drive.google.com/file/d/12L6ASfWPJt8JWlIt2xK3cshPkgTNiRah/view?usp=sharing>

GROUP II- PODCAST-<https://drive.google.com/file/d/1CsxZgeWHBccllx-duB3iu400cZxUMPf/view?usp=drivesdk>

GROUP III- VIDEO AND SPEECH- <https://drive.google.com/file/d/1VznDCtNDCUK-AimqcMOrTThD0eYOda6/view?usp=sharing>

<https://anchor.fm/dhruv-gaikwad4/episodes/Get-Fit--Dont-Quit-en0644>

<https://anchor.fm/ansa2006-lorance/episodes/Mental-health-en1hmm>

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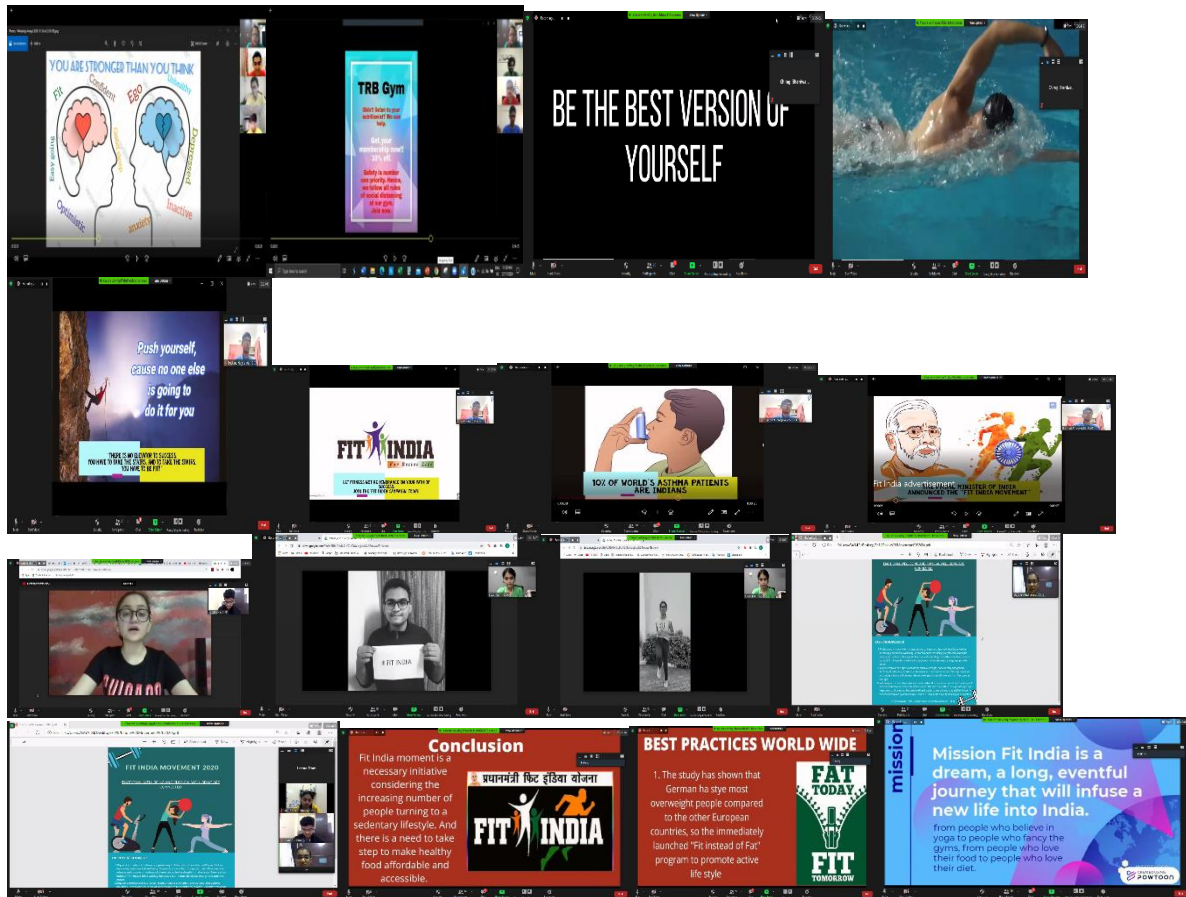
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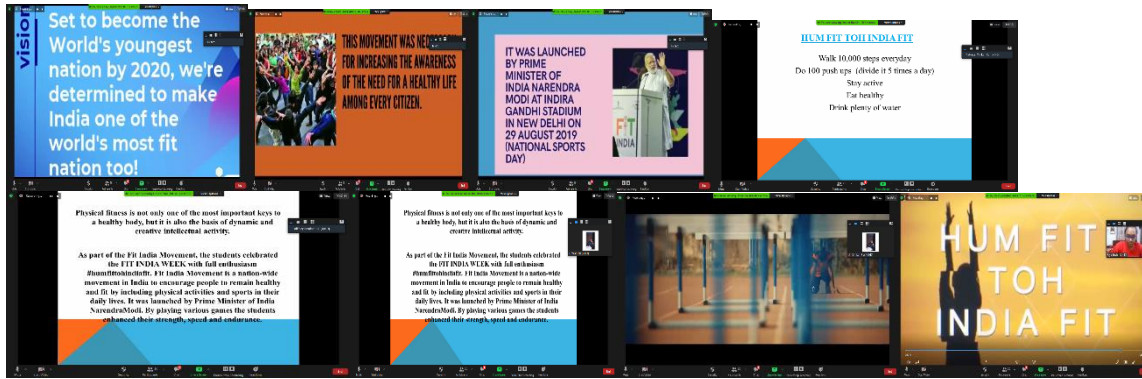
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<https://drive.google.com/file/d/11iLonk5FSWzLUi6lljhgxtVvH7PvFO/view?usp=drivesdk>

Preparing advertisements on “Hum Fit Toh India Fit”, “Emotional and Physical well-being are interconnected” –

Grade XI & XII



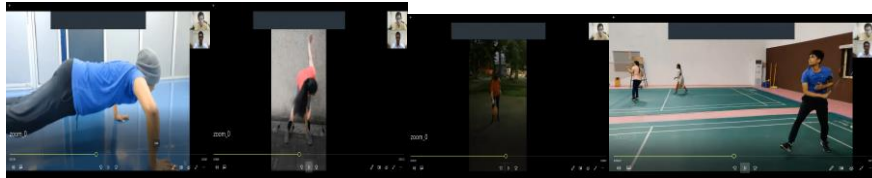


'Emotional and Physical well-being

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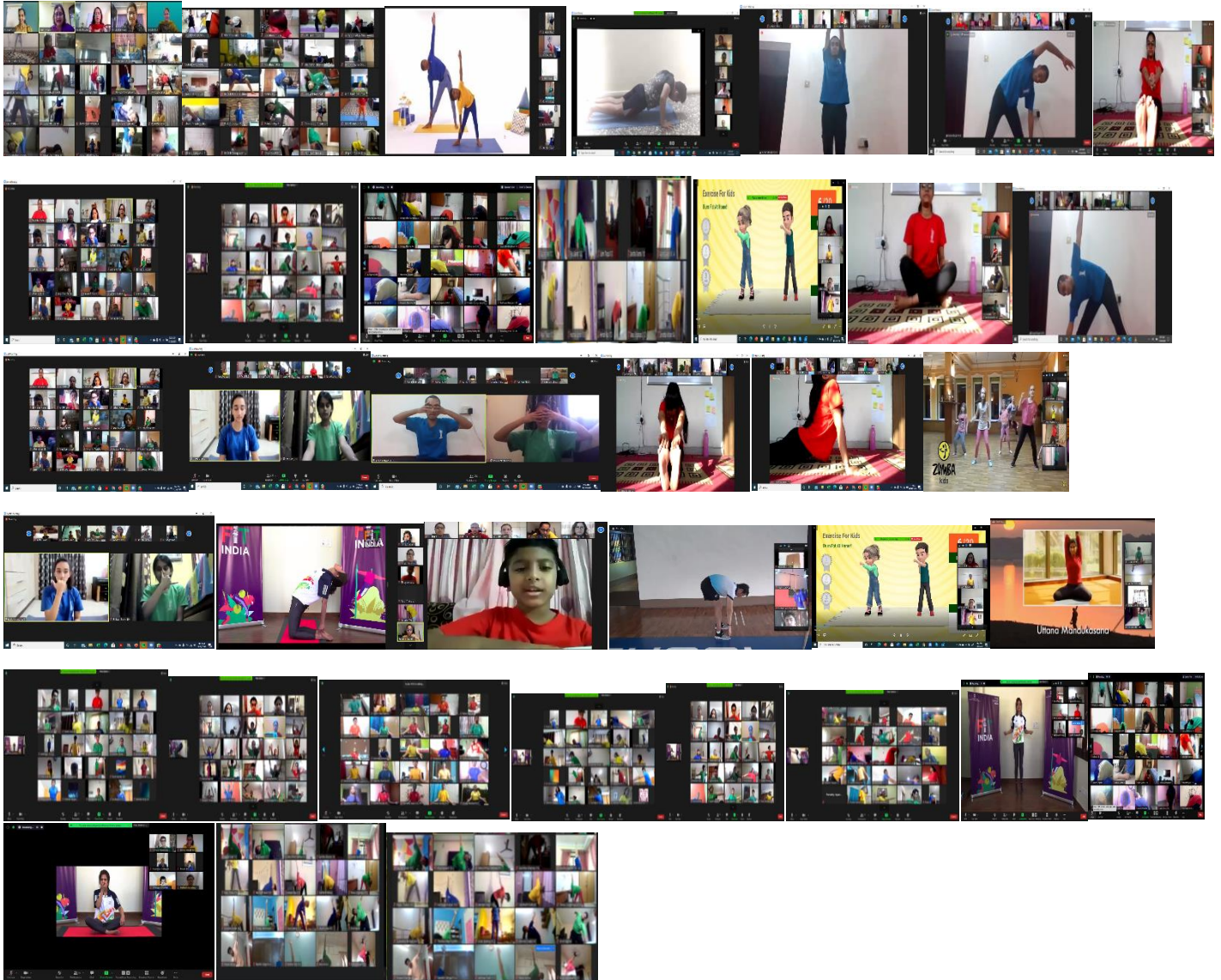
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FIT INDIA SCHOOL WEEK CELEBRATION 2020

DAY 2 FIT INDIA WEEK ACTIVITY:

Senior grade students in presence of the respective class teachers conducted the following activities in the various grades - Virtual Assembly – Free hand exercises, Fun and Fitness- Aerobics, Dance forms; Common Yoga Protocols
Different videos provided by CBSE as Fit India Active Break capsules were used to do the exercises.

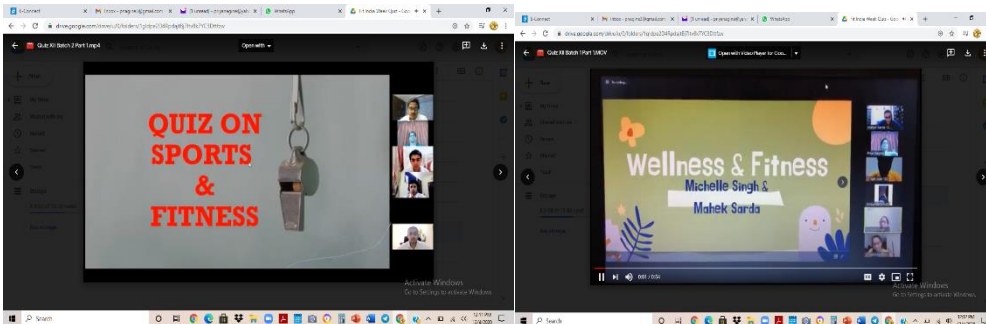
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FIT INDIA SCHOOL WEEK CELEBRATION 2020

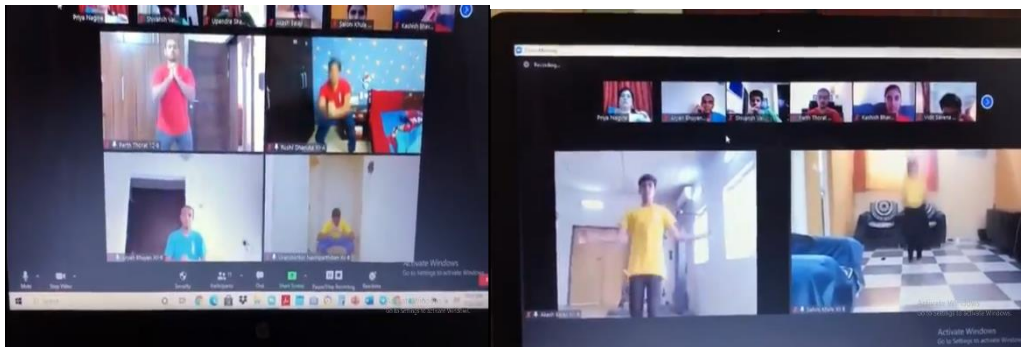
DAY 3 FIT INDIA WEEK ACTIVITY: Activities conducted were - Online Quiz related to fitness/sports and Virtual challenges for students, staff/ teachers e.g. (a) Squats challenge (b) Step-up challenge (c) Spot jogging (d) Rope skipping (e) Ball dribbling etc.

Online Quiz related to fitness/sports



<https://drive.google.com/drive/folders/1gldpe2D4RpdajtBj7ltv8k7YC3Dttfwz?usp=sharing>

Virtual challenges for students, e.g. (a) Squats challenge (b) Step-up challenge (c) Spot jogging (d) Rope skipping (e) Ball dribbling etc

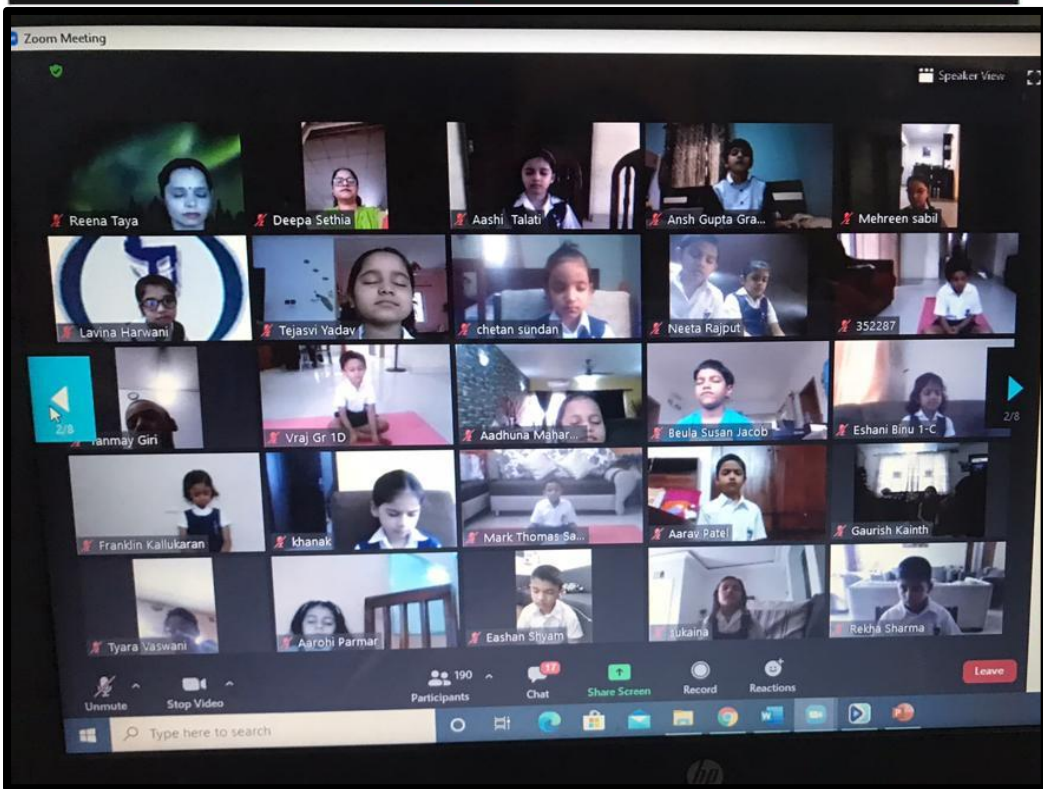
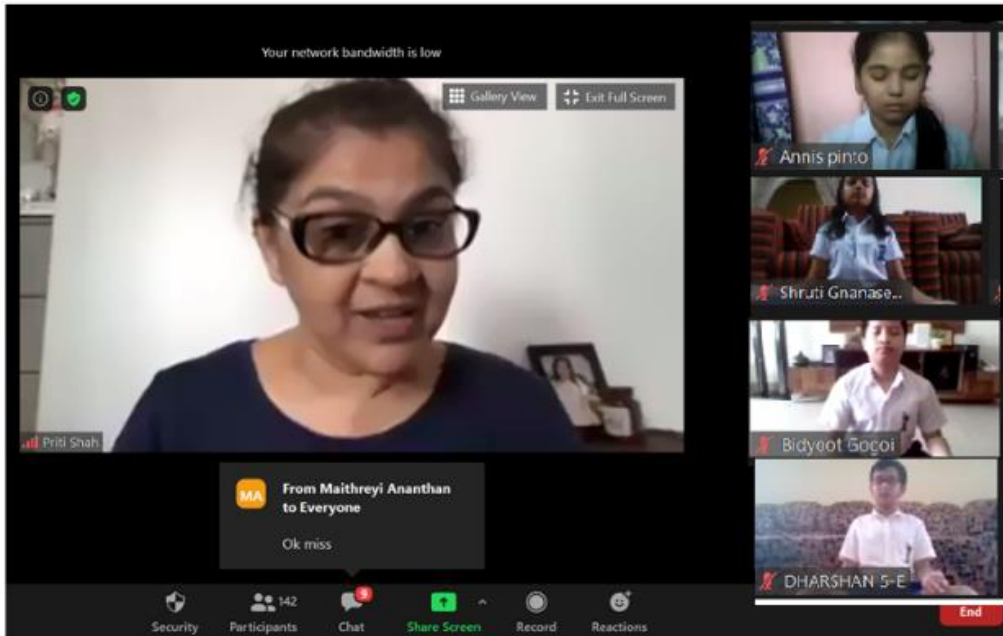


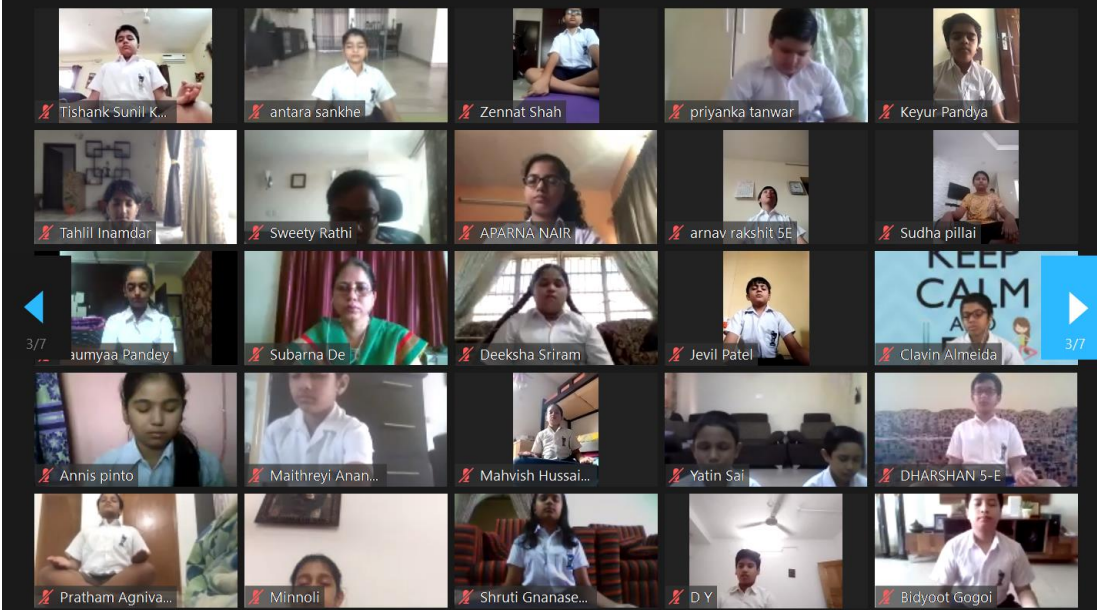
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FIT INDIA SCHOOL WEEK CELEBRATION 2020

DAY 4: Lecture on "Re-strengthening of the mind post pandemic"- Mental Fitness Activities

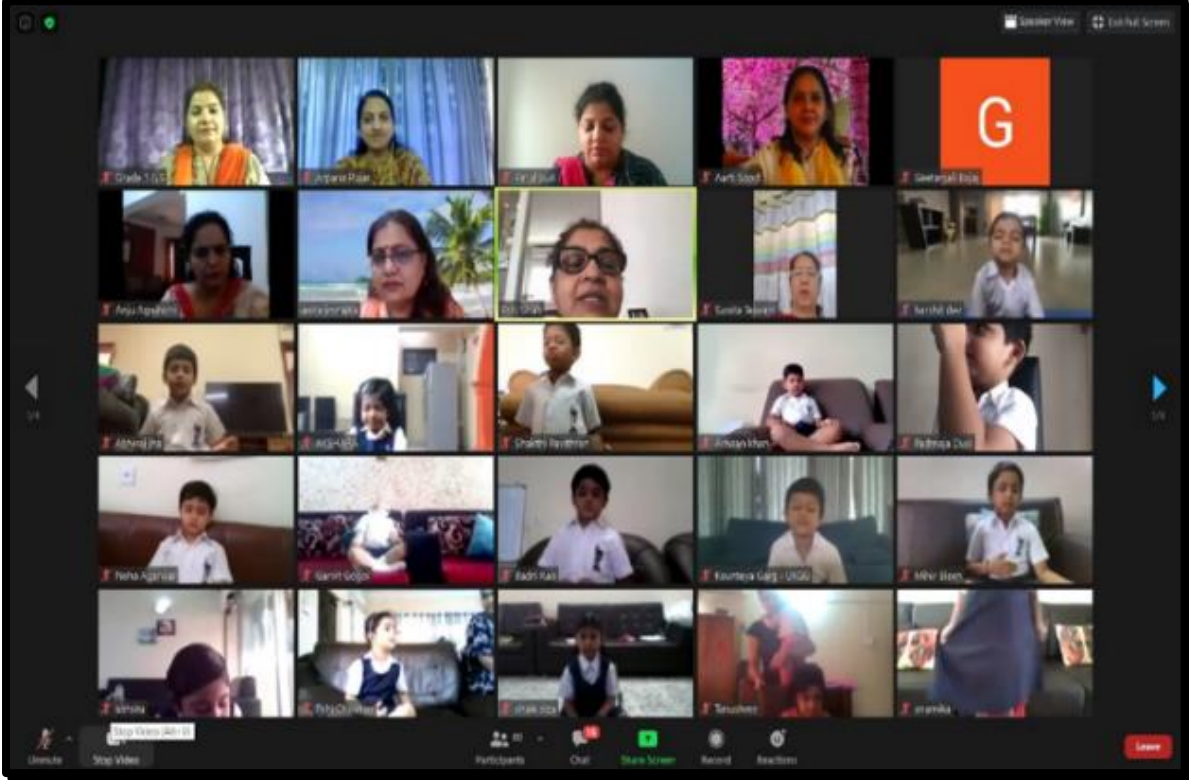
Mrs. Preeti Shah was invited to host the meditation session for the students of LKG, to 12 in different sessions of 40 minutes each. This was a guided session, with music played at the background and Mrs. Shah guiding students with each and every detail throughout the session. Students followed the instructions well and completed the session with much enthusiasm and sincerity.





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FIT INDIA SCHOOL WEEK CELEBRATION 2020

Day 5 Activity:

A] Session by motivational speaker

Coach Kadiri gave a speech for students, parents and school staff. **“Exercise is a celebration of what your body can do, not a punishment for what you ate”**



“Exercise is not a punishment for what you eat, it's a celebration for what the body can do”

Exercise is an activity that helps the body, mentally and physically. We have different types of exercise. We have the light type exercise (such as doing home makings) and the advanced exercise (meant for athletes). There are various types of exercises meant to be done at home which the body can easily assimilate. Examples of exercises at home are tidying the house, taking care of the children, even to schools, sweeping the house and cooking are the core ways of improving our health which the body can do easily without weariness, which is basically a celebration of what the body can do.

Another thing to talk about is a physical fitness exercise, is when you engage yourself in many routines by going to field, trekking fast on a track and field, or be involved in a light jogging, or a long distance jogging, or climbing a step, or a flexibility exercise, or a footwork training exercise, which they all work for the body.

Every sports have their own exercise routines for players/athletes. In the case of Table Tennis, the exercises help to make every part of your body more flexible to even win a match point or play the game. It also makes you have fun physically, psychologically, and mentally by boosting your immune system. It makes you feel good at the period you are playing the game. Table Tennis is a game of family, which means the entire members can play together by sharing love in essence. Also, in chess as well, it's a game of exercise that makes you think well and increases your mathematical set skills and your calculation at large. It makes you happy and you think ahead of your opponent and this can be applied to real life situations/activities. Another game where exercise can be derived from is basketball, lawn tennis, volleyball, and cycling. All these games are to be enjoyed and it's not a punishment for the body as some of us might think to be.

Lastly, exercise itself makes you sleep well at night and you have a deep rest. Your body relax very well. And your brain functions maximally.

Thank you.

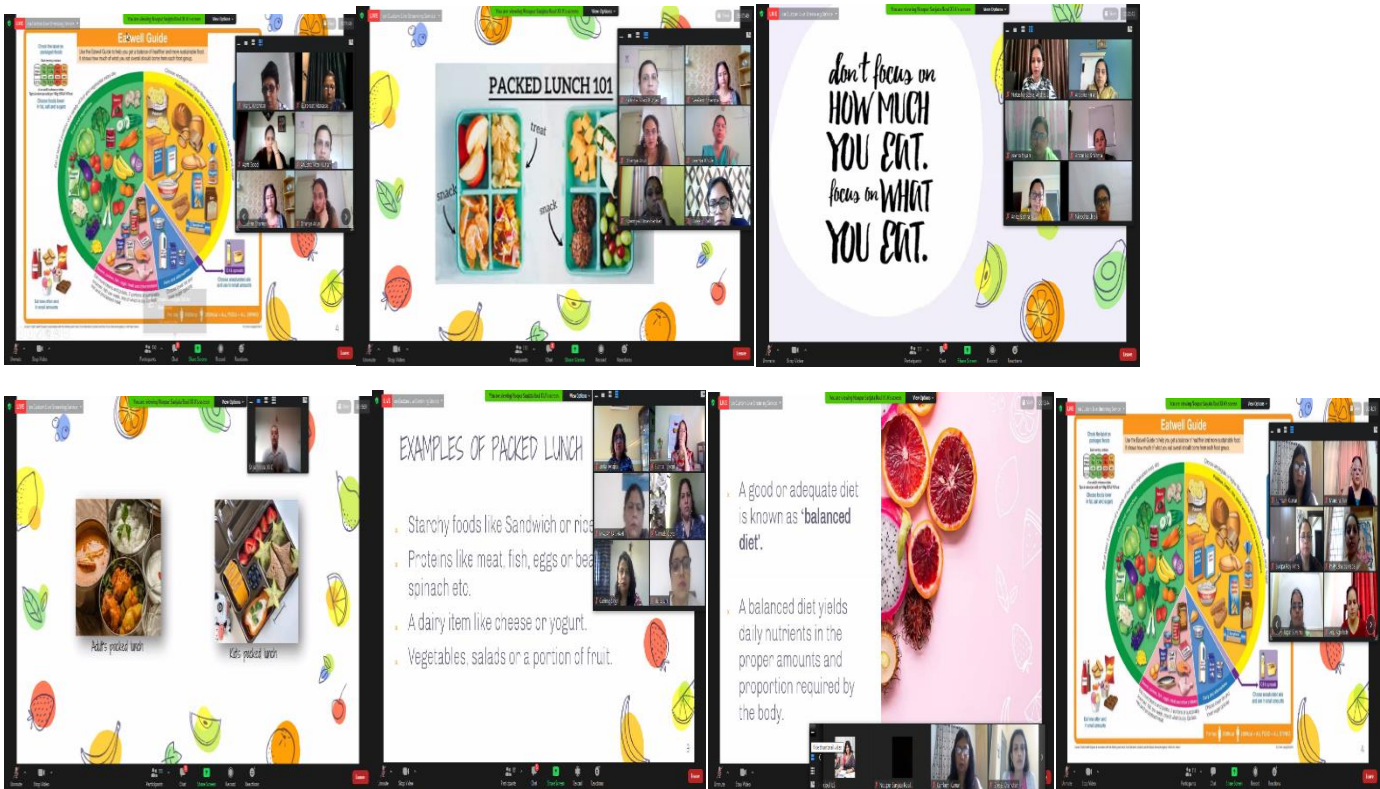
Coach Ganiyu Kadiri Sheu, Table Tennis Coach (Indian Language School)

<https://drive.google.com/file/d/1ORAMIs18M3GEF3p8rFZJYxOx0nF4P8Dg/view?usp=sharing>

Also, the other coaches enlightened the students with their views about **“Exercise is a celebration of what your body can do, not a punishment for what you ate”**.

Link: https://drive.google.com/drive/folders/1-6ghHWBEfraP1Fa_djVw8dG8zi4Scji7?usp=sharing

B] DAY 5: Lecture about diet & nutrition during pandemic for Students / Staff & Parents was organized during assembly by the Food Nutrition & Dietetics students to celebrate the Fit India School Week.



Link for the lecture is given below:

<https://youtu.be/ILnh8o5VkJX8>

https://drive.google.com/file/d/1JSN6w2Acoje62aWrQZQ_Uhk9Esx26sN5/view?usp=sharing

FIT INDIA SCHOOL WEEK CELEBRATION 2020

DAY 6: Brain Games to improve concentration/problem solving capacity – e.g. Rubik's cube, Bingo Activity, Mathematics activity, etc. was conducted in Grade LKG to IV

