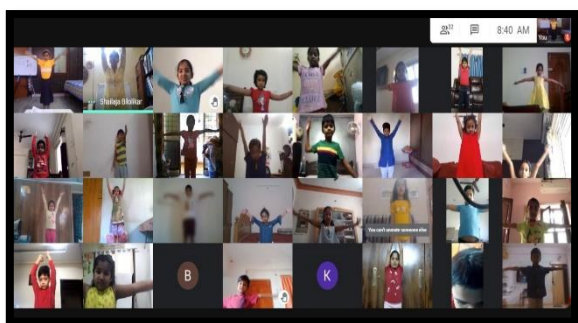


DDMS P OBUL REDDY PUBLIC SCHOOL

FIT INDIA WEEK 2020 CELEBRATIONS FROM CLASSES I – XII

The school celebrated the Fit India Week as per CBSE Directives, from 14 December to 19 December, 2020. Students from grades I to XII participated enthusiastically in the week long celebrations. The pandemic underscores all the more, the importance of physical fitness, as well as mental fitness. Fit India movement is a nation-wide campaign that aims at encouraging people to include physical activities and sports in their everyday lives, which in turn, improves mental agility.

The students of Grade I, II & III actively participated in Fit India School week 2020 event. As part of the event, students demonstrated free hand exercises during the assembly session. The teachers also briefed about the importance of physical activities in the daily life. A variety of



events were planned and executed for students during this week.



Classes IV and V had a special assembly on 14th December where in students were shown a power- point presentation on the importance of health and fitness. Later, the benefits of practicing yoga were explained to them followed by a session on yoga. Children performed different postures of yoga under the guidance of teachers.

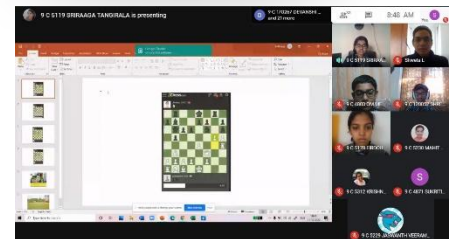


Children participated enthusiastically in the Rope Skipping activity conducted on 17th December

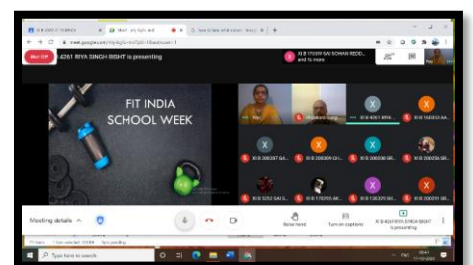
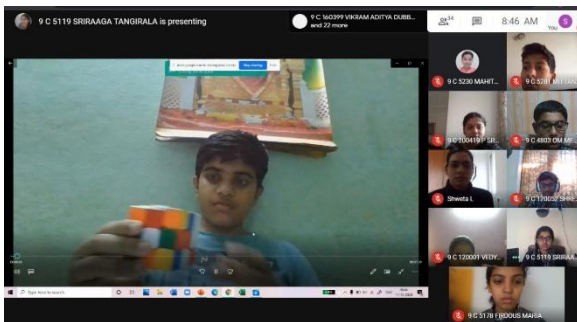
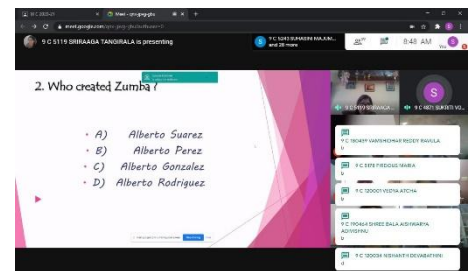
during morning assembly. A video on Rope Skipping was shared with them to give an idea of the correct method of Rope Skipping, the ideal length of the skipping rope etc. Students have done Rope Skipping in the assembly and teachers explained the benefits of the activity to them.



Special assembly was organised by students of classes VI, VII & VIII.. Every class came out with Innovative ideas and presented PPT presentations. Articles were read out to update everybody with the importance and significance of the Fit India. They not only made fantastic posters but also demonstrated various exercises that would benefit everyone.



Students of IX and X also presented crafts, articles and speeches to raise awareness on Fit India and the importance of fitness. PPTs were also made and shared in the assemblies.



The students of Grades XI and XII presented PPTs , speeches, articles, interesting facts and quizzes as part of the Fitness Week celebrations.

All in all, the event was taken up enthusiastically by the students who put in good efforts to bring out the importance of physical fitness which also helps to keep us mentally agile.

