

KHELO INDIA FITNESS ASSESSMENT PROGRAMME

CBSE organise Khelo India Fitness Awareness programme at TIME School on 27-07-2019.

I (S.SRINIVASA RAO) attended as a research person and conduct workshop successfully.

Total 68 PE Teachers from state of Telangana attended.

I conduct different types Battery of tests practiced with different groups

- Body mass Index, Plate tapping test, Flamingo balance test, partial curl up, push-ups (boys)/modified push-ups (Girls) etc.
- Physical Education 4 strands explained Strand-
1: Games/sports 2. Health related fitness 3.Sewa 4.Healthy activity card

It was very motivating workshop inspired me as for the first time I organised on behalf of CBSE



A picture during workshop session



