



Celebrating Fit India Sanskriti School Week -2020

Honourable Prime Minister of India, launched the nation-wide “Fit India Movement” which was aimed to encourage people to inculcate physical activity and sports in their everyday lives and daily routine.

To take this mission forward,during the SECOND WEEK (7th to 11th) of DECEMBER, 2020 the School will be celebrating “Fit India Sanskriti School Week-2020”. This movement endeavors to alter ‘Passive Screen time’ to ‘Active Field time’ and the aim of the objective is to develop Sports Quotient among all the students to achieve a healthy lifestyle. Such movement will also instill the understanding for regular physical activity and higher levels of fitness enhancing self-esteem and confidence in students.

We encourage all Students, Parents, Staff and Management to actively participate in the proposed Fit India Sanskriti School Week-2020.

PROGRAMME DETAILS

DATE	PROGRAMME/EVENT
7/12/2020 Monday	“Yoga for Fitness” Assembly (by PE students of Class 12)
8/12/2020 Tuesday	"Mental Fitness" lecture and interaction with students by Dr.Hiba Siddiqui Psychologist at 11.00am
9/12/2020 Wednesday	Rope skipping competition (for students of classes 6 to 8)
10/12/2020 Thursday	Essay Writing on “ jo fit hai wo hit hai ” (for students of classes 6 to 9)
11/12/2020 Friday	"Physical Fitness" Assembly(by PE students of class 12)
11/12/2020 (2 to 4 pm)	Walkathon(If time and situation permits)