

FITNESS WEEK CELEBRATIONS

The challenges of Modern day life has brought along with it the need to be physically robust and mentally proactive. For a holistic and intrinsically healthy lifestyle, a nation-wide 'Fit India Movement' was launched by our Honourable Prime Minister on 29 August 2019. To take the mission forward and as per CBSE guidelines, "Fitness Week Celebrations" were held at Springdays School from 18/11/2019 to 25/11/2019



Children witnessing the launch of
Fit India Movement

DAY 1

On Day 1, "Yoga for All" was performed by the students of classes VI to IX under the guidance of the PT department who directed the students to breathe properly, exhale and inhale and also performed various asanas.



We, at Springdays, are highly particular in providing a healthy food with a balanced diet to the staff and students. In line with this, the Nutritional Squad prepares a menu card with nutritional values and also ensures that it is being implemented at the school cafeteria. Students were thus asked to write the nutritional value of the food intake on the same day under the campaign “Fitness and Nutrition”



DATE	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM	FOOD ITEM
1	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
2	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
3	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
4	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
5	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
6	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
7	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
8	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
9	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
10	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
11	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
12	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
13	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
14	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
15	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
16	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
17	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
18	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
19	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
20	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
21	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
22	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
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27	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
28	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
29	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal
30	Boiled Peanut Salad	Boatnood Poriyal	Potato Chips	Salad	Ice Cream	Boiled Peanut Salad	Boatnood Poriyal

DAY 2

On Day 2, free hand exercises were held for students of Primary and Middle School thereby eliciting the importance of regular exercising.



Among the different programmes of the celebrations, Debate on the topic “Obesity – a disorder or a disease’ was held hailing the importance of Mental Fitness. This included participants from grade X. It was an eye opener of sorts where students empathetically spoke for and against the motion. The debate

culminated with the jury speaking for the motion and a consensus was reached explaining that it is always better to use natural methods of healing.



Symposium on 'Body Safety for kids' by the student counsellor under the campaign "Mental Fitness" on the same day. Pamphlets and safe circle sheets were circulated to parents to create awareness. The symposium was an enriching session where children learnt to analyse and decipher the best way to healthy living.



DAY 3

On Day 3, senior class students participated enthusiastically in the Poster Making Competition based on the theme 'Fit Body – Fit Mind – Fit Environment'. Students echoed their ideas through posters to keep surroundings clean, safeguard the environment and to lead a healthy lifestyle.



DAY 4

Day 4 witnessed a wide range of activities that included Martial Arts (Karate), Zumba and Gardening.



DAY 5

On Day 5, Sports quiz was conducted in which students of classes VI to X participated with fervour. Questions related to various sports were asked by a senior teacher which was answered frantically by students.



DAY 6

On the last day, indigenous games including Silambam, Bambaram, Kallangal, Nondi Attam (Hopping) were conducted for the students of middle school who were given an insight into the traditional games of Tamilnadu.



Additionally a continuous fitness assessment for the KHELO INDIA App was conducted to appraise the healthy standard of living of students.



The celebrations imbibed in the students self-esteem and confidence and instilled a trenchant understanding that we need to move from 'Passive Screen Time' to 'Active Field Time' to achieve a healthy lifestyle.