

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"



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|-----------------|-------------------------------|------------------------|--------------------------------|------------------------------------|--------------------|-------------|-----------------------------|
| 1 Friday | Boiled Peanut Solod | Hissibilla Bhath | Potato chipe | Meda Chapathi | Grounded Kurner | Roles | band Scycrosom |
| 2 Saturday | Sweet Pull | Veg Pulev | Gobi Manula | Palist Parent | Cheputhi | Rate | Fraits |
| 4 Monday | Veg Cutlet | Zeera Rice | Puneer Sutter Masula | Candiflower Capsicum Portyal | Chepathi | Cord | Fruits |
| 5 Terater | GM/47 | | Deposited Sumber | Property & Flore Bases Personal | Aller Planeths | See . | Gallet Amore |
| 6 Wednesday | Capcake | Meal Maker Biriyani | Feg Ksema | Chapathi | Points. Chips | Raite | Fruits |
| | | | | | 1 | | |
| 8 Friday | Kulipaniyaran with Chatney | Plain Rice | Afixed Vegesable Sambar | Carrot & Beims Portyal | Alee Parathe | Raite | Amal Recream |
| 9 Saturday | Corn and Veg Bhel | Tismarind Rice | Keerul Kadayal | Buly Com and Capticum Partical | Chaputhi | Buttermilk | Fruits di Ranagulla |
| 11 Monday | Sweet Poli | Yeg Pular | Gobi Musala | Palak Paneer | Chapathi | Relte | Fruit |
| 12 Tuesday | Corn and Veg. | Timprial Rice | Keerat Kadewi | State Core and Copusion Person | Chapute | Section 100 | Acapalia . |
| 13 Wednesday | Mysore Bonds | Plain Rice | Dul Palak+Apallam | Aloo Capsicum | Chapathi | Suttermill | Fruits |
| Thursday | | | adam tan tahun | - Springstein Versi | - | | |
| 15 Friday | Sundal (mixed) | Lemon Rice | Pear Potato Gravy | Potato Varavol | Methi Chapathi | Radio | Fruits |
| 16 Saturday | Mysure Bonds | Plain Rice | Dal Polok+Apollam | Aloe Capsicum | Chapathi | Battermil | R Fruits |
| 18 Monday | Paneer Kathi Roll | Veg Fried Rice | Gobi Mancharian Grany | Dal Paratha | | Raite | Annal Icocrosse |
| 19 Turnday: | Fig Saubitch | Plain Rice | Mixed Veg Sambar - Appallem | Bestrant Phrisal | Rastel Parents | - Name | Press |
| 20 Wednesday | Pincapple Kesari | Psulina Rice | Dal Makhani | Gobi Masala | Chapathi | Cursi | Fruits & Galab Jamas |
| Thursday. | | | | | | | |
| 22 Friday | Boiled Peanut Solad | Bixribilla Bhath | Potato chips | Methi Chapathi | Aurmo | Rain | a April Recres |
| 23 Saturday | Sundal (introd) | Leman Rice | Peur Patato Gravy | Ponato Farsesal | Meshi Chapsath | Rein | Fruits |
| 25 Monday | Veg Cutlet | Zeera Rice | Paneer Butter Masale | Cauliflower Capsicum Ports | al Chaputh | Com | I Fruits |
| 26 Turnday | GaN 63 | Plain Rice | Desmittick Stander +Appalliane | Pour A PAr Bose Parina | | Am | Project of Chalcel Asses |
| 27 Wednesday | Cupcake | Meal Moker Biriyani | Feg Kurma | Chapathi | Potato Chips | Rai | te. Fruits |
| JA Duraday | Hart Chinese Burger | Tay Number | | | | | |
| 29 Friday | Kulipantyarum with Chatney | Plain Rice | Mixed Vegetable Sambar | Carrot & Bear Portyal | us Aleo Parati | | its Annal Scott |
| 30 Saturday | Panerr Kathi Roll | Veg Fried Rice | Gobi Monchurian Gravy | Dal Paratha | | Re | ine Amul Icec |

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.