



HOLY HEARTS SCHOOL KABIR NAGAR

CBSE AFFILIATION NO. 3330415

FIT INDIA SCHOOL WEEK

2021-2022

CERTIFICATE OF RECOGNITION

Congratulations to
HOLY HEARTS SCHOOL, KABIR NAGAR

for Successfully organising **Fit India School Week 2021**

14th Nov - 12th Dec 2021

FIT INDIA MOVEMENT



Department of sports in collaboration with Department of School Education & Literacy started Fit India School Week with an aim to integrate fitness as an essential part of school education where physical fitness is taught & practiced, apart from homes.

FIT INDIA WEEK IN SCHOOLS

- As India is celebrating Azadi ka Amrit Mahotsav (AKAM), 3rd edition of Fit India School Week is dedicated to commemoration of AKAM in schools highlighting the importance of fitness in today's time.
- Schools have welcomed the concept of celebrating 6 days of a week dedicated to fitness with the objective to instill the importance of fitness not only in students but also amongst their families, teachers and entire school staff.

FIT INDIA CELEBRATION IN HOLY HEARTS SCHOOL

DAY 1

22ND NOVEMBER 2021

OPENING CEREMONY & SURYA
NAMASKAR

DAY 2

23RD NOVEMBER 2021

DEBATE COMPETITION, QUIZ COMPETITION,
ESSAY/POEM WRITING, POSTER MAKING

DAY 3

24TH NOVEMBER 2021
TRADITIONAL GAMES

DAY 4

25TH NOVEMBER 2021

FITNESS ASSESSMENT BY TEACHERS AND
PARENTS ON FIT INDIA MOBILE APP

DAY 5

26TH NOVEMBER 2021

YOGA AND MEDITATION

DAY 6

27TH NOVEMBER 2021

PLEDGE BY STUDENTS & ZUMBA BY TEACHERS

DAY 1

Day 1 was celebrated as an opening day of the week in which an opening dance was performed by our students and also we had a session of Surya Namaskar with our students of Class 6th.



DAY 2

On day 2 various competitions were held to aware the children about the importance of fitness.

**Debates, Symposium, Lectures, etc.
For Classes VIII & IX
Topic – Importance of Fitness**

**Essay/ Poem Writing
For Classes VI & VII
Theme - “My Fitness Mantra on AKAM”**

**Quiz Competition
For Classes III, IV, V
Topic – Fitness & Sports**

**Poster Making
For Classes I, II, III
Theme – Freedom From Sedentary
Lifestyle**

DAY 2

**Debates, Symposium, Lectures, etc.
For Classes VIII & IX
Topic – Importance of Fitness**



DAY 2

Essay/ Poem Writing For Classes VI & VII

Theme - "My Fitness Mantra on AKAM"

NAME - KAVYA BHATT
CLASS - 7th
Roll No - 7014

POEM - Topic - My Fitness Mantra (AKAM)

I pledge to stay healthy and clean,
through exercise and good hygiene,
I will eat balance diet meals everyday,
to have more energy to learn and play naturally
open in everyday.

Every night I will take a good rest,
to be more ready to do my best.
If I work hard to be healthy and strong,
I'll be happy my whole life long.

Organic is yummy for my tummy,
Rich in nutrients with no nasties,
Good for me inside and outside,
A healthy life in all about.
I love organic food I must say,
It heralds no more delicious galore.

Prize Winners (Poem)

- 1st Position - Kavya Bhatt - Class VII
- 2nd Position - Mahi Keshariya - Class VII
- 3rd Position - Harshwardhan Deshmukh - Class VII

My Fitness Mantra

Don't skip any exercise, than your gym
You don't overeat food
Breathing is light inside your lungs
As happiness fills your heart

Alternate pumping through your veins
The calves working - bring your
Muscles giving strength over time
No energy rubs to your brain

Endorphins entering into your body
Your mouth producing nice and cold
Exercise make you feel better
Whether you're training outside or inside

Topic - "My Fitness Mantra on AKAM"

Name - Mahi Keshariya
Class - 7th Section - A

My Fitness Mantra

Life is a gift
Because it is life
A healthy body will energize
A full life you will realize
So take the time
To stay fit
And enjoy the gift
For there is no other
One per person
So make it last
Live for the future not the past

Stay fit! Stay healthy!

Harshwardhan Deshmukh -
Class - 7

NAME - Shrishti Jha (Roll No - 7022)
Class - VII

Essay Completion

Topic - Essay on FIT India Movement

Government has started a movement i.e. fit India movement for the fitness of our body. The concept is to promote continuous, intensive and sustained fitness activities. It would use our supporting services in instead of a year. In this movement, there is no exercise daily, no yoga and no other physical activities to keep our body fit and healthy and collagen. Government has organised yoga classes and martial arts classes and all should participate in this movement and help our self to keep our body fit and healthy. We have a thought to about fit India movement i.e. "Health is wealth". This means if we are fit and healthy we would achieve our goals without health and fitness of our body we cannot achieve our goals. To achieve our goals we need to fit and healthy. So, we all should follow the rule of exercises and yoga along of physical

Prize Winners (Essay Writing)

- 1st Position - Avika Singhania - Class VI
- 2nd Position - Shrishti Jha - Class VII
- 3rd Position - Raavi Chopra - Class VII

Essay: My Fitness Mantra (AKAM)

Today, we are all going to share my fitness mantra on AKAM. Many people are so busy that they do not take healthy. Everyone has the same mantra. Today I will share my mantra of fitness.

I will practice it every day. I will follow a proper diet. I will do physical activities. I will eat healthy food. I will do yoga. I will do meditation. I will do all these things to stay healthy. I will do all these things to stay healthy. I will do all these things to stay healthy.

Paragraph Completion

Topic - My Fitness Mantra (AKAM)

Name - Raavi Chopra
Class - VII
Roll No - 7021

We all have always heard about "Health is wealth". It means when you are fit and healthy you can do anything. To be fit we should do yoga and exercise. But only yoga and exercise is not enough to be fit. You being healthy and fit we should eat right food and right time. And in this world of covid-19, we should maintain our health, diet and everything.

For fitness we should do yoga, gyming and meditation. Meditation keeps our mind fresh and strengthens our mind. Yoga keeps our body flexible.

DAY 2

Winners

**Quiz Competition
For Classes III, IV, V
Topic – Fitness & Sports**

1st Position

**Chris Mathew- Class 3
Ayush Raman – Class 4
Atulya Dev Jha – Class 5**

2nd Position

**Shlok Agrawal – Class 3
Viraj Chopra- Class 4
Shlok Ray – Class 5**



DAY 2

Poster Making For Classes I, II, III Theme – Freedom From Sedentary Lifestyle

- Prize Winners**
- 1st Position – Kavya Jain – Class I
 - 2nd Position – K. Medhasvi – Class I
 - 3rd Position – Sayee Gaikwad – Class II



DAY 3

On day 3, traditional Indian games were represented by our students to make them aware about the importance of fitness acquired from the traditional games without using any equipment



DAY 4

As India is celebrating Azadi ka Amrit Mahotsav (AKAM), 3rd edition of Fit India School Week is dedicated to commemoration of AKAM in schools highlighting the importance of fitness in today's time.

We requested students, their families, teachers and entire school staff to download the app and do the fitness assessment and shared the app link.

Link for:-

Android:

<https://play.google.com/store/apps/details?id=com.sai.fitIndia>

iOS:

<https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890>

DAY 5

On day 5, a yoga and meditation session was conducted by our students of class VIII.



DAY 6

On day 6, students have taken a pledge of fitness on occasion of AKAM with self assertion for leading a new fit and healthy life ahead. Also the Teachers had a session of Zumba and meditation to inculcate the habit of fitness in a new and innovative way.



FITNESS PLEDGE

I take Fitness Pledge to remain fit by making outdoor games/ exercise/ physical activities a part of my daily routine and I will make Fit India a people's movement by encouraging my family and neighbors to remain fit. I promise to myself that I will spare sometime every day for outdoor games/exercise/physical activity to remain fit and I will make Fit India a people's movement by encouraging my family members and neighbors to remain physically fit.

Thank You