



JAYPEE PUBLIC SCHOOL NOIDA

JOINING HANDS WITH FIT INDIA SCHOOL WEEK 2020

Initiated by the honorable Prime Minister Mr. Narendra Modi, the Fit India Movement Campaign Week was organized at Jaypee Public School, Noida from 7 December 2020 to 18 December 2020, encouraging parents, teachers and students to inculcate physical activities and sports as a part and parcel of their day to day lives, on the virtual diaspora.

Plethora of activities were organized during the virtual sessions such as yoga and fitness, Shuttle run, zigzag run, Hopstoch, Surya namaskar along with other Asanas for lifestyle diseases and combination of free hand exercises, Ball Drill, Rope Skipping, Fitness Move, Aerobics skill and Game skills, movie time, Quiz Time by using Kahoot app or Google form, special assemblies, poster making, self-composed podcast and movies and so on under the aegis of captions such as 'Yoga Se Hi Hoga', 'Fit Hai Toh Hit Hai', 'Let Us Witness Your Fitness', 'Power of Knowledge', 'Time for Mental Fitness', "Get fit, don't quit", 'Mental Health is not a destination but a journey'.

The students of all classes play group to XII, parents and teachers participated in the FIT India School Week with exotic enthusiasm. The session was enjoyed by one and all. During the session the students were asked to take the challenge as per their own capacity and skills. They were asked to showcase their fitness level and skills by sharing their videos.

During the class assemblies clipping of Fit India Week were showcased. Talk by Sports teachers were also presented to make students aware about FIT India program thereby motivating them to follow a healthy lifestyle.

All in all, for 'Fit Body-Fit Mind-Fit environment', the students showcased their creativity and genuine concern. They invested a lot of effort, under the able guidance and mentorship of their teachers, to create awareness about the overall fitness and a healthy environment. All these activities were beautifully and meticulously performed by the students indicating the role of humans in maintaining a balanced and harmonious environment. Through this platform the teachers were able to in still the true values for being sensitive towards the environment and personal health among their students.

The week-long session had been a great success as everyone had an enthusiastic participation collaborating their efforts to create a benchmark for the experiential learning imparted to them.