

# JP INTERNATIONAL SCHOOL

Report on Fit India School Week (21 Nov to 30 Nov 2019)

Fit India School Week is a nation-wide campaign that aims at encouraging people to include Physical activity and sport in their day to day lives.

JP International School has organized Fit India School week on 21<sup>th</sup> Nov to 30<sup>th</sup> Nov, 2019 to give a much needed impetus to physical fitness and health.

The school has organized the following events for students, faculty and staff members on different date/days.

## DAY 01

### 1) YOGA

Yoga session was organized from 8:30 A.M. on day 01 (21th Nov, 2019). All the students and teachers were participated in it.





## 2) DAY 02

a) Free hand exercise for all



b) Mental fitness activity:- Debate



### 3) DAY 03

Physical activities for all students gardening



### 4) DAY 04

Physical activities for all students planting



### 5) DAY 05

Kho-kho



## 6) DAY 06

Tug of War



On the day sixth the chairman and principal of the school said that Fitness has always been an important part of our culture. But there is indifference towards fitness issues now. A few decades back, a normal person would walk 8-10km in a day, do cycling or run, said at the event.

On this day, Mr. Amit Chaudhary addressed students and faculties to make Fit India school week a part of our life. As our PM said we must encourage and inspire people to be fit. It's not only government's responsibility to embrace fitness. We must focus on our fitness, he added in last.

At the end of auspicious session, Mr. Amit Chaudhary the chairman of JP INTERNATIONAL SCHOOL , SIKANDRABAD delivered thanks to all students and everybody took a pledge to include physical activity and sports in one's daily routine like other necessary activities and also inspire and motivate others to include in their daily life.

