



SMARTEN SCHOOL

BRIEF ON FIT INDIA MOVMENT – “FITNESS WEEK CELEBRATION” : 18 – 23 NOV 2019

1. Under the guidelines of CBSE Circular N ACAD-68/2019 dated 06 Nov 2019, Smarten School has observed Fitness Week Celebration as Fit India Movement from 18 Nov 2019 to 23 Nov 2019. During the Fitness Week Celebration, numerous activities as given in succeeding paragraphs have been conducted.

2. Day 1 (18 Nov 2019).

(a) Yoga session was conducted for all classes during Morning Assembly by Yoga Instructor on 18 Nov 2019.



(b) A discussion on Healthy Life Style and balance diet to maintain the desired level of fitness was conducted in the Morning Assembly just after the yoga session on 18 Nov 2019.



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NCLB: No Child Left Behind



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3. **Day 2 (19 Nov 2019).**

(a) A Free hand exercise session was conducted by School PET for all classes during Morning Assembly on 19 Nov 2019.



(b) A lecture related to Mental Fitness for all was conducted by School Counsellor during Morning Assembly just after the Free Hand Exercise session on 19 Nov 2019



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4. Day 3 (20 Nov 2019).

(a) The process for beginning of “Fitness Assessment” of students through KHELO INDIA App has been announced in the Morning Assembly on 20 Nov 2019 by PET of the school. Detailed guidelines on the subject is being issued to all students.

(b) Poster making competition on the theme “Fit Body – Fit Mind – Fit Environment” Was conducted for all students by respective class teacher on 20 Nov 2019 under overall supervision of Drawing Teacher. All students participated actively in the event.



5. Day 4 (21 Nov 2019).

(a) Physical activities of Yoga was conducted for all students by Yoga Instructor on 21 Nov 2019.



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(b) Physical activities of Gardening was conducted for 8 - 10th standard by Academic Coordinator on 21 Nov 2019.

(c) Essay Writing Competition on the theme of "Fit India School" was conducted for VII to IX standard on 21 Nov 2019 by TGT English.

6. **Day 5 (22 Nov 2019).** Oral quiz competition with respect to Fitness/Sports was conducted on 22 Nov 2019 during Morning Assembly by PET of the school.



7. **Day 6 (23 Nov 2019).** With respect to Indigenous games, Archery has been earmarked for the Delhi Schools for the partner state Sikkim. Currently the facilities of Archery are not available with Smarten School. However the school will try to make available the facilities of Archery from next academic session.

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