



## HEM SHEELA MODEL SCHOOL

Jawaharlal Nehru Avenue, Durgapur -713214

### Fit India School Week Celebration

6<sup>th</sup> – 11<sup>th</sup> December 2021

Day & Date	List of Activities
1. 06.12.2021	<ul style="list-style-type: none"><li>* Speech by Principal Madam.</li><li>* Virtual Assembly</li><li>* Pre-Nursery to XII – Indian Dance celebrating AKAM with Integrated fitness.</li></ul>
2. 07.12.2021	<ul style="list-style-type: none"><li>* IX &amp; XI- Importance of fitness- Debates, Symposium, Lectures etc. (Offline)</li><li>* VI to VIII - Quiz on fitness and sports highlighting Freedom, AKAM, Nutrition etc.</li><li>* II to V - Poster making competition themed on “Freedom from sedentary lifestyle”.</li><li>* Pre-Nursery to I – Free hand Exercises.</li></ul>
3. 08.12.2021	<p>Indigenous Games of India-AKAM with traditional games of India</p> <ul style="list-style-type: none"><li>* Pre-Nursery to XII – Kit-Kit (Hopscotch), Gili Danda, Lattu, Chess.</li></ul> <p>=&gt; Session on importance of “Eat Right/Santulit Aahar”.</p>
4. 09.12.2021	<ul style="list-style-type: none"><li>* Schools’ Social Responsibility (SSR)- Celebrating AKAM with nearby communities by inviting them for one fitness session. (Khatguria)</li><li>* Fitness assessment by teachers and parents on Fit India Mobile App</li></ul> <p>Link for download:</p> <p>a) Android- <a href="https://play.google.com/store/apps/details?id=com.sai.fitIndia">https://play.google.com/store/apps/details?id=com.sai.fitIndia</a></p> <p>b) iOS- <a href="https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890">https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890</a></p>
5. 10.12.2021	<ul style="list-style-type: none"><li>* Yoga and Meditation Day for all.</li><li>* Pre-Nursery to VIII – Brain game to improve concentration/ problem solving capacity.</li><li>* IX &amp; XI- Graffiti events on topics like What is Azadi for you? How important is fitness? (Offline)</li></ul> <p>=&gt; Session on mental health awareness.</p>
6. 11.12.2021	<p>Pledge of fitness on the occasion of AKAM to culminate School Week with self-assertion for leading a new fit and healthy life ahead.</p>