

BRIGHT DAY SCHOOL : VADODARA
CBSE UNIT – HARNI
FITNESS WEEK CELEBRATION

It is very correctly said that the development of the nation lies in the hands of the citizens of that nation. This is only possible when each and every citizen of the country is physically, mentally and emotionally fit. Honorable Prime Minister Shri Narendra Modi launched the nationwide 'Fit India Movement' on 29 August 2019 which aimed at a shift from a passive lifestyle to an active lifestyle i.e from screens to fields. Brightians celebrated fitness week from 13.11.2019 to 19.11.2019 by taking up various activities in the school.

On 13.11.2019, Yoga for all was conducted in the morning assembly. Our TGT PE Teacher- Ms. Chitra conducted the session. She taught the basic pranayam like Anulom Vilom Alternate Nostril Breathing, some basic Asanas and also explained its physiology & techniques. All the students & teachers followed the instructions & were completely in sync with their power & soul.



On 14.11.2019, a session on Free Hand Exercise was conducted during the morning assembly where basic exercises like shoulder rotation, wrist rotation, arm movement and stretching were carried out for the students as well as the teachers. Ms. Chitra conducted the session and she also explained how these exercises and stretching help in toning of the muscles.



An informative lecture on importance of social, emotional and mental fitness in one's life was given by the Sports teacher – Mr. Nitin Gohil. He explained why mental and emotional fitness should equivalently strike balance with physical fitness for a healthy living. It was an eye opener for all of us.



On 15.11.2019, Poster Making Competition was organized in the school on the topic 'Fit Body – Fit Mind – Fit Environment'. Students made beautiful posters displaying how a healthy mind and body is necessary for creating a healthy environment through the strokes of their brushes.



On the same day, our sports teachers also began the fitness assessment of the students through Khelo India App.

On 16.11.2019, Essay Writing / Poem Writing Competition was conducted in the school on the theme 'Fit India School'. The students expressed their ideas on how fitness can be introduced in the schools and how they can achieve the goal of Fit India Movement by making all the sections of the society fit.

On 18.11.2019, Sports Quiz was conducted for all the students. Questions related to sports personalities, different rules of the games, indigenous and national sports of different states and countries were asked to the students. It was a very interactive and interesting activity which enriched the students' knowledge regarding various sports.



On 19.11.2019, a very interesting activity was organized for both students and teachers where they played the indigenous games of our partner school Chhattisgarh. This activity helped in promoting the ideology of 'Ek Bharat – Shreshtha Bharat'. Teachers discussed about 'Ulaanbaanti', 'Gidi Gada', 'Foda', 'Falli' etc., the indigenous games of Chhattisgarh with the students. Both students and teachers enjoyed playing the games.



Apart from this, activities like Yoga, Aerobics, Zumba as well as Martial Arts were conducted by Ms. Chitra Gavli, Ms. Swati Bhole, Mr. Nitin Gohil, Mr. Kashyap Bhatt and Mr. Mahesh Raval during their regular classes in the school on all the days of Fitness Week.

