

# Activity Report

## Fit India School Week Celebration

**Day- Tuesday to Saturday**

**Date-8/12/2020 to 13/12/2020**

**Venue** - Kranti International Public School Kundal .

Kranti International Public School, Kundal had organized Fit India School Week Celebration which is based on the CBSE circular for Academic year 2020-2021, "COVID PANDAMIC" year. These activities are conducted for secondary section and all photographs as well as reports are collected by organizers and incharge teachers..

### **These activities focused on :**

1. This activity focused on the fitness of the students.
2. It encourages the students to be healthy and acknowledge everyone about the importance of yoga, exercise and diet.
- 3.To develop sports quotient among all the students.

### **Importance of feet India week:**

Fit India School Week is organized to encourage all the students and the staff for regular physical activity and higher levels of fitness enhancing in them self-esteem and confidence in the students.

### **Planning of Activity:**

These activity was planned by Sports teacher Resp.Rahul Jagtap sir and event organizer Respected Sampata Tr., Anita Tr., Madhuri Patil Tr., Suvarna Tr., Meena Tr., Vanita Tr. and Rupali Honmane Tr. Under supervision of Respected Principal Mithari Sir.

Notice was given to all participants before 15 days of celebration with rules and regulations.

This celebration was made more excited by conducting different activity according to level of students.

Following activities/ competitions were taken among different classes

<b>Date</b>	<b>Events</b>
8/12/2020	Free Hand Exercise and Aerobics
9/12/2020	Free Hand Exercise and Yoga
9/12/2020	Lecture on "Re-strengthening of mind post pandemic"- Mental Fitness
9/12/2020	Spot Speech "Exercise is a celebration not a punishment"
9/12/2020	Letter writing-"Power of Fitness"
10/12/2020	Exercise and spot jogging
11/12/2020	Exercise
12/12/2020	Free hand exercise

It was a practical and was very enjoyable. All the students from class VI to X participated in exercise and yoga. Almost all participants gave spot speeches, submitted their essays and letters along with their names. All performances were praised and supervised by all teachers and respected authorities.

This activity was made successful with great efforts by all respected teachers, respected authorities and backbone of school that is respected Management, and most important part of this activity means our lovely participants. Most of credit goes to our lovely students for making this activity more enthusiastic.