

FIT INDIA MOVEMENT

“FITNESS WEEK CELEBRATION”

11 NOVEMBER 2019 TO 16 NOVEMBER 2019

“Ek Bharat Shreshtha Bharat”

1. Day1 - 11 November 2019 Monday

a. Yoga for All



b. Fitness Activity



c. Lecture on Nutrition



2. Day2 - 13 November 2019 Wednesday

a. Free Hand Exercise



b. Lecture by Sports Teacher.



3. Day3 - Activity

a. Poster Making Competition.

“Fit Body Fit Mind Fit Environment”



Day4 - 14 November 2019 Thursday

b. Physical Activities

i. Aerobics



ii. Yoga



iii. Rope Skipping



iv. Gardening



c. Essay Writing on “Fit India School”



4. Day5 - 15 November 2019 Friday

a. Sports Quiz



5. Day6 - 16 November 2019 Saturday

a. Traditional Game of Partner State Manipur

i. Kang of Manipur



b. Traditional Game of M.P.

i. Gilli Danda



ii. Langadi

