



Nurture International School – FIT India week celebration report

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“Fit is not a destination; it is a way of Life.”

“Fit India Movement” was launched by the Prime Minister, Sri Narendra Modi on Thursday, 29th August 2019 on the occasion of National Sports Day. It was launched at 10 am amidst a flamboyant ceremony at the Indira Gandhi stadium complex in New Delhi. Events included India’s traditional dance performances, martial arts and sports performances and much more.

To create awareness on sports and fitness amongst the students and stakeholders, a seven days celebration of staying fit through games, sports and fun filled activities was organized at Nurture International school in the first week of December. A prodigious impact was seen in all, post the participation.

The school was celebrating “Fitness Week” in which an array of activities were being held in order to enhance the sports quotient among the students.

In-charge faculties were profoundly involved in uplifting the activities across Grades 5 to 10. Below are the activities that steered for six days.

Day 1 –

Opening Day.

The traditional route to explore the fitness, we compiled integrated dance and fitness to Grade 6 students under the supervision of our physical education instructor. The kids took part enthusiastically.



Indigenous games

Grades 8 and 9 students participated in various events to amalgamate the purpose of physical education. The results revealed that students strongly agreed to the integration of indigenous games.



Yoga and meditation

Under the Fit India movement initiative, yoga and meditation were conducted by our physical education instructor for the students of Grade 5. The main agenda of this challenge was to strengthen the mental abilities that we all faced post pandemic to get accustomed to the new norms in our lifestyle. This unquestionably helped the kids to an extent.



Day 2

Parent challenge

Parents being the ever-supporting stakeholders, they continued to strive in the challenge and executed it well. Skipping, sit ups and Surya namaskar were the challenges.



Debate

The art of involving mastery skills of obvious value, Grade IX students took part in the debate competition with utmost fervor on the topic “Importance of fitness”.



Mental health awareness programme

Inspiring students with mental awareness is an important means. Our science facilitator conducted a session for Grade V students on promoting mental health and wellbeing as a core role in education and flourish in their education journey.



Quiz

A game or mind sport to check the students IQ on the topics like “Fitness and sports highlighting freedom, AKAM and nutrition was conducted by our science facilitator for Grade VIII students.



Day 3

Assembly talk (Lecture talk)

Quality teacher talk, explaining concepts to students is important and for students to gain the knowledge on their own is a critical factor too. As a part of the Fit India week challenge our science facilitator lectured on the topic” Importance of fitness” for the students of Grades III to Grade X in the assembly.

Day 4

Poster making

As poster making is an awareness programme and a useful means of announcement. Our art facilitator conducted poster making challenge for the students of Grade VII A on the topic “Freedom from sedentary lifestyle.” The kids had fun doing this activity.



Essay / Poem writing

The students of Grade VII B composed poems to pen down their views on the theme “My fitness mantra in AKAM” during their English class. All the students exhibited their creativity and awareness on the relevant issue i.e being healthy is very essential. The poems were recited and the essays were read out to share the ideology and understanding of each learner. All the students were extremely zealous to participate in this competition.



Day 5

Brain games

Our students of Grade 5B had brain games to improve upon analytical thinking, creativity and problem-solving techniques. The challenge turned out to be amusing and effective.



Day 6

Pledge of fitness

Fit India pledge is a refreshing welcome move for our Nation. The aim was to increase fitness and physical activity during the assembly session across all the Grades. It was intended to be the culmination of a week-long challenge.



