



FIT INDIA MOVEMENT

2023-2024

Fit India week was celebrated from 15th Nov 2023 to 15th Dec 2023. Where in various activities were conducted in the school like poster making, essay writing, Yoga Session, pledge on fitness etc. In continuation to that 08 Dec 2023. Annual Sports Day was also celebrated with grandeur and enthusiasm.

Santhome Public School, Mira Road, strongly pursues behavioral changes from sedentary lifestyle to physically active way of day to day living for the students. Each year we welcome the concept of celebrating 'Fit India School Week', dedicated to fitness. A plethora of activities were underlined to highlight the importance of fitness in today's time.

Being fit and healthy is taking good care of mind and body. A healthy mind resides only in a healthy body and in order to gain wholesome health, fit India movement an initiative of Government of India has been introduced in all the schools, affiliated to CBSE.

Children always enjoy playing traditional and conventional games which enables them to enhance their social skills creativity and camaraderie. Indian saints have considered yoga to be a universal attribute, mental and physical status of the human body. It is the harmonizing system which rejuvenates the mind and soul.

The practice of yoga impacts the social, emotional and mental health developing the overall personality of the students. Exercises integrated with dancing facts on fitness revealed through quiz, fitness mantras well defined in poems and essay writings and vibrant posters with slogans on fitness displayed the vision of students towards sports.

The pledge of fitness to inculcate the habit of being physically active was administered to culminate school week with self- assurance for leading a new fit and healthy life ahead.



FIT INDIA CERTIFICATE

