



# SANTHOME PUBLIC SCHOOL

An Institute Run by MST Fathers

MIRA ROAD

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## FIT INDIA MOVEMENT

### 2022-2023

The school actively participated in the Fit India School Week, an initiative observed from November 15th to December 15th. Throughout this period, various engaging activities were organized to promote fitness and well-being among students. The activities included:

#### ACTIVITIES UNDERTAKEN:

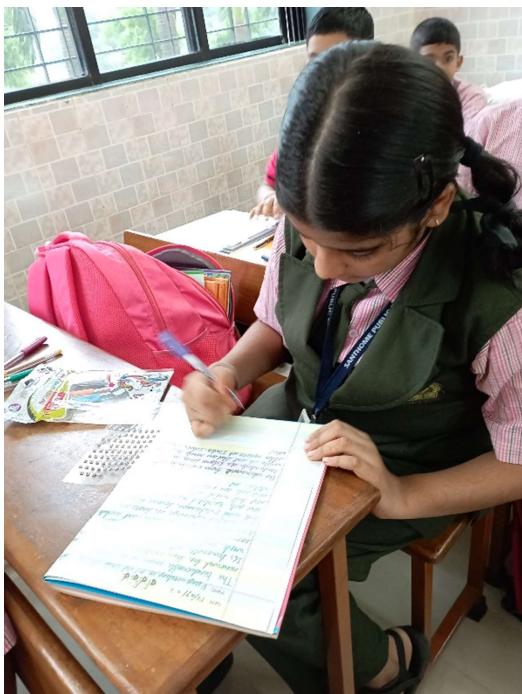
**Poster Making:** Students exhibited their creativity by designing posters highlighting the significance of fitness and a healthy lifestyle. These posters served as visual reminders to prioritize physical activity in daily life.

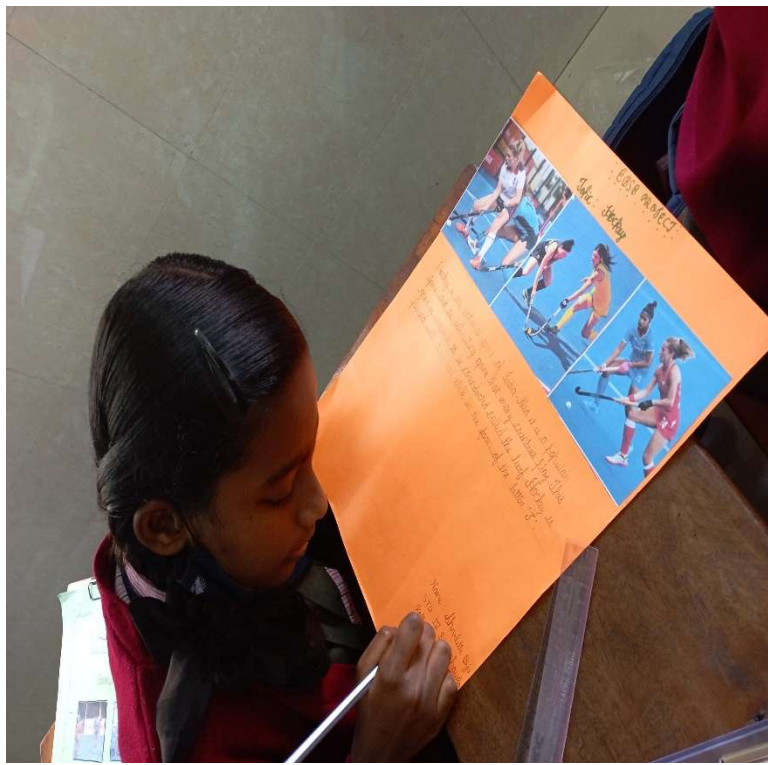
**Essay Writing:** Students penned insightful essays focusing on the importance of fitness, highlighting its impact on overall health, productivity, and well-being. This encouraged critical thinking and awareness among participants.

**Yoga Sessions:** Yoga sessions were conducted to introduce students to the benefits of yoga in fostering physical and mental wellness. Students learned various yoga poses and breathing exercises, promoting mindfulness and relaxation.

**Indigenous Games:** To encourage traditional forms of physical activity, indigenous games were organized, offering students a chance to engage in cultural sports. These games aimed to instill an appreciation for traditional forms of fitness activities.

The Fit India Week successfully fostered a culture of fitness and health consciousness among students. It emphasized the significance of staying active, adopting healthy habits, and embracing various forms of physical exercise for a holistic approach to well-being. The participation and enthusiasm displayed by students and faculty alike made this initiative a resounding success.





# FIT INDIA CERTIFICATE

