

## FIT INDIA MOVEMENT

" Fitness is zero percent investment with infinite returns"

For any society or nation to progress, it is important that its citizens are physically and mentally fit. The spread of technology undoubtedly has made our lives much easier and better, but at the same time, it has made our lifestyle very sedentary. So, for a holistic and intrinsically healthy lifestyle, awareness and support for fitness movement is essential.

India is celebrating Azadi Ka Amrit Mahotsav and the "Fit India Movement" launched by Honorable Prime Minister, Shri Narendra Modi ji encourages people of India to work towards active and healthy lifestyle. In conformity to the CBSE directives of celebrating "Fit India School Week" and to endorse and take this movement further, students of classes VI-VIII of Kapil Gyanpeeth enthusiastically participated in " Fit India School Week" in the third week of November, 2021.

To sensitize the students towards importance of regular physical activities, nutritive and healthy diet for a holistic and intrinsically healthy life style as they grow up, numerous activities were conducted in this week. Students researched and read about ways of adopting healthy life style and made informative posters to display on the school notice boards to spread the awareness. Students took sessions in junior classes and spoke on the significance of health and fitness. Meditation and yoga sessions gave them an opportunity to have better control over their emotions and reduce stress and anxiety. Quizzes were held to ignite the passion for mental agility. Students also performed 'Nukkad Natak ' in which they highlighted the causes of poor health, physical ailments, need of cleanliness, good hygiene and proper sanitation.

Principal, Ms. Karuna Yadav applauded the efforts of students and motivated them with her pearls of wisdom. Regular fitness activities improve absorption of nutrients in the body, improves cardiovascular health and develops muscle strength. Healthy and fit body also helps in improving students' academic performance, social interaction and lowers the stress levels.

Fit India Week celebration was indeed a great experience for the children. It highlighted the need to be physically fit and mentally sharp, both for academic excellence as well as for a happy and healthy life.