

REPORT ON FIT INDIA MOVEMENT

Fit India Movement is a nation-wide campaign that aims at encouraging people to include physical activity and sports in their everyday lives.

Fit India Movement 2019-20 was organized in DAV Centenary public school, Paschim enclave with full zest & zeal. The school conducted a Special Assembly in which students participated in yoga and aerobic sessions where they perform various Asana like Tadasana, Vrikshasana, Dolasana, Padmasana etc.



A tug of war match was also organized among the students with an aim of promoting indigenous sports and games. A healthy mind in a healthy body activity was also conducted under the campaign 'Fitness and Nutrition' as a part of the Fit India Movement.



School also organized a 2km Marathon run in which students of junior classes (class 5 to class 9) took part enthusiastically. The run aimed at creating awareness among the students to be physically and mentally fit. Students vociferated Slogans like

- 1) Forever Fit, Forever Strong
- 2) Fight for Fitness
- 3) Healthy mind in a healthy body
- 4) Don't stop till you drop!
- 5) Live life, Love Fitness etc. to be physically fit.

The movement proved to be a successful Endeavour with the students gaining insight to be healthy and fit.