

Fitness Week Celebration

CBSE-affiliated schools all over the country were asked to celebrate 'Fitness Week' in November. Six days spread over the second and third week of November was celebrated as Fitness Week across schools. The decision was taken after Prime Minister launched 'Fit India Movement' on August 29, 2019.

"This movement therefore endeavors to alter this behavior from 'Passive Screen time' to 'Active Field time' and the aim of the objective is to develop Sports Quotient among all the students to achieve a healthy lifestyle," said CBSE notice.

The board has, in this regard, released a six-day calendar of activities to be carried out by schools. The activities suggested by CBSE are a balanced mix of physical and mental exercises. CBSE decided to take up the theme of '*Ek Bharat - Shreshtha Bharat*' on the last day of the Fitness Week. For this purpose, the board has grouped states and Union Territories in pairs.

Fitness means that people have optimum energy and positively be able to handle day to day physical and emotional challenges. Keeping this thought in mind.

Fitness Week was observed by DAV, Public School, Thane wherein the students of the school participated in utmost exuberance volunteered and participated actively in various physical activities like Zumba and Aerobics. The students also did a couple of free hand exercises in their physical education periods. They also participated in a DEBATE competition on the Topic 'INDOOR OR OUTDOOR GAMES- WHICH ONE IS YOUR CHOICE'.

To promote the habit of exercise and meditation and as a part of 'Fitness Week Celebration' as per the guidelines of CBSE an activity 'Yoga For All' was conducted on 14th November 2019 in the school premises. A total of 250 students participated in it. They were educated on the importance of yoga and were explained that yoga helps in maintaining not only physical but also mental health for everyone. The session began with warm-up exercises which were followed by various simple but useful 'asanas'. The students were guided include yoga in their daily routine for the wholesome and salubrious effects on mind, body and soul.

From the Indegenious games- ATYA PATYA was conducted for class-9 students. It is a team event. Atya Patya is an ancient traditional sport of India, mainly practiced in rural areas. It is more popular in the state of Maharashtra. The game is also referred as a game of feints. Nine trenches constitute the playing area of Atya patya which emerges from either side of a central trench. Players of one team progress across the trenches while the other team tries to block it for which points are awarded. This game is also described as a game of militant chase.

A poster making competition was also conducted for the students of class-8 where they made posters on some quotes related to Sports. A Zumba session for the teachers was also taken by Ms. Sunita Gunde, P.E.

As a part of the Fit India Week, class XI students participated enthusiastically and overwhelming exuberance in the 'SELF-DEFENCE ACTIVITY' Conducted by the Rotary Club, Thane. The school also conducted Cricket and Football Activity classes for the entire week from classes 7 to 10. The other events conducted as a part of this program were-

- TUG OF WAR – CLASS 8
- THROW BALL-CLASS 9
- KABADI -CLASS 8
- TRACK EVENTS (100/200 mts) – CLASS 9 AND 10







