

KENDRIYA VIDYALAYA ARUVANKADU

First Anniversary of Fit India Movement and 2nd Edition of

Fit India School Week

Daily Reports

Day – Three

11-12-2020

Fit India Movement

Activities

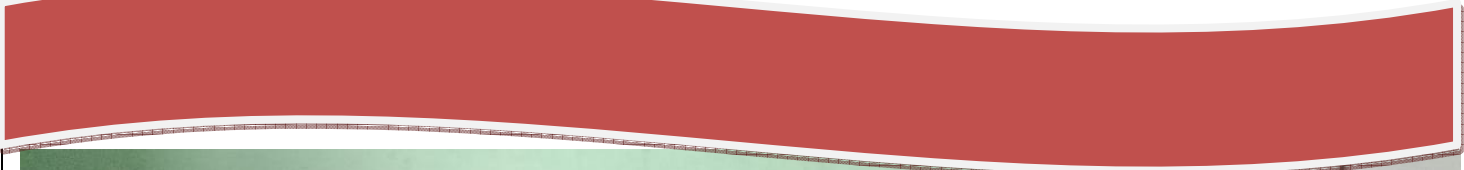
- ☺ 1- **Common Yoga**
- ☺ 2 - **Debates, Symposium, Lectures on "Re- strengthening of the mind post pandemic"-**
- ☺ 3 - **Mental Fitness Activities for Students, Staff and Parents**
- ☺ 4 - **Open letter to Youth of the Nation on *Power of Fitness***

Fit India school week celebration 3rd day program was conducted in virtual mode and completed successfully. Students of Kendriya Vidyalaya, Aruvankadu performed various activities mentioned in their house and sent the photos and Videos to our Vidyalaya. The performances of photo have been compiled and sent to your kind notice.

Glimpses of Second Day Fit India Celebration - 2020

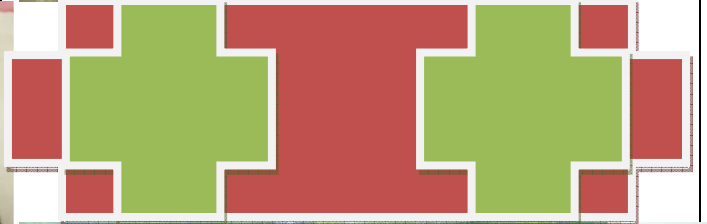


Common Yoga













Debate and Lecture





CINTRIYA BINOY
Class IX
Kendriya Vidyalaya, Aruvankadu, The Nilgiris.

Open letter to Youth of the Nation on Power of Fitness''

Most Respectable Youth of the Nation,

Everyone Needs a Tune-up and commit to be fit for life. Running to the future and be an inspiration. Your body hears everything that your mind says Turn Fat into FIT!

Youth are the most important and dynamic segment of the population in any country. It is believed that developing countries with large youth population could see tremendous growth, provided they invest in young people's education, Physical health and protect and guarantee their rights. We can undoubtedly say that today's young are tomorrow's innovators, creators, builders and leaders.

But they need the required support in terms of good Physical fitness & health education, training and opportunities to transform the future.

Today, India is one of the youngest nations in the world with more than 62% of its population in the working age group (15–59 years), and more than 54% of its total population below 25 years of age. The role of the youth in the nation building is crucial. They are problem solvers, have a positive influence on other young people and the nation, and are extremely ambitious. They have the ability to create an identity for themselves and move the nation forward. However, they will not be able to do this without the support of family, community, Government and fellow youths. Then the youth can make their beautiful land flourish and shine in success.

Everyday is a choice for doing different exercise

The five exercises:

1. Sit-Up – Strengthens abdominal muscles
2. Push-Up – Develops upper body strength
3. Pull-Up – Develops upper body strength
4. Standing Long Jump – Increases leg strength
5. 30-Mt. Shuttle Run – Increases agility, speed and endurance

Even Once you can control your mind, you can control your body. Be an inspiration It never gets easier, you just get stronger. Push harder today if you want a different tomorrow. Tomorrow is the first blank page of a 365-page book. Do work out a good one. The only bad workout is no workout. Start where you are. Use what you have, do what you can. The hardest part is walking out the front door. Rest awhile and run a mile.

Those who do not find time for exercise will have to find time for illness. Too fit to quit. Read about one of the first fitness gurus. Be physically fit – you know you'll like it!!! Exercise your mind and body. The Price of Excellence Fitness is discipline.

Get fit don't quit. Shape it up!

JAI HIND!!!