

KENDRIYA VIDYALAYA ARUVANKADU

First Anniversary of Fit India Movement and 2nd Edition of

Fit India School Week

Daily Reports

Day – Four

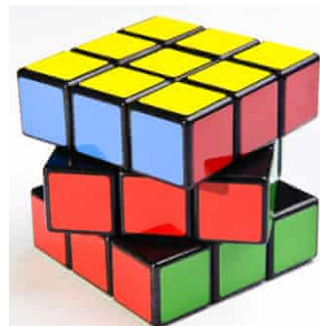
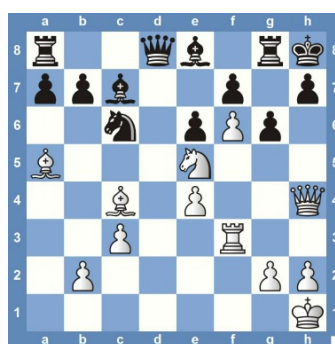
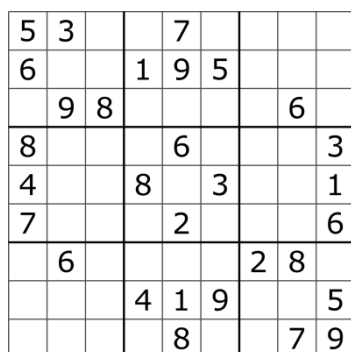
14-12-2020

In compliance with Fit India school week celebration of 4th day program was conducted very successfully and completed.

Kendriya Vidyalaya, Aruvankadu students of different classes have participated in different activities

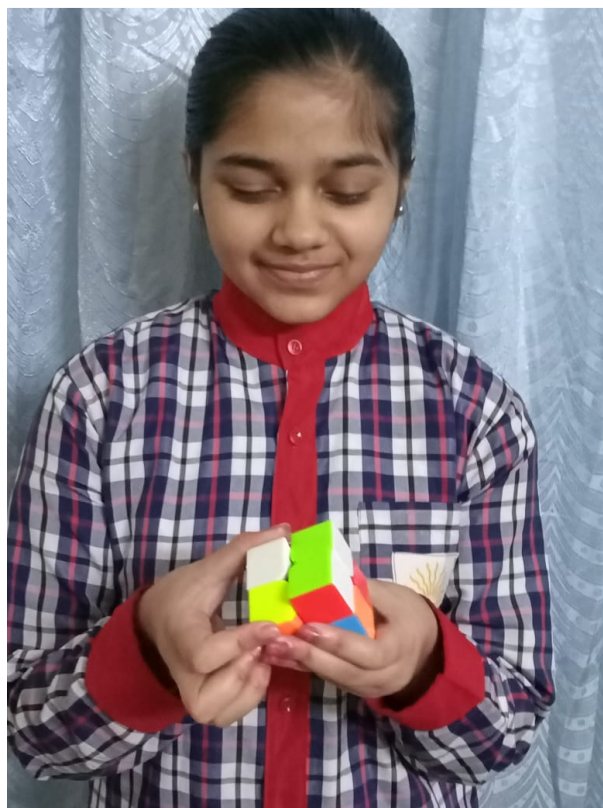
- Activity: 1- **Brain Games** to improve concentration/problem solving capacity like Chess, Rubik's cube etc
2. **Poster making competition** on theme
"Hum Fit Toh India Fit" or "New India Fit India"
3. **Preparing advertisements** on "Hum Fit Toh India Fit",
"Emotional and physical well-being are interconnected" etc.

sudoku puzzles, Scrabble Crossword , Chess, Rubiks, etc.



Glimpses of Second Day Fit India Celebration - 2020







**KENDRIYA VIDYALAYA ARUVANKADU
THE NILGIRIS**

Align, Achieve, Be Alive!



Fit for ever

**Fit India Movement
School Week Celebration**

From 1st to 9th Dec. 2020

POSTER-MAKING



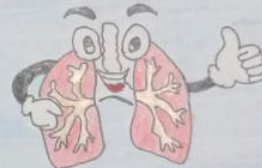
HUM FIT TOH INDIA FIT

FITNESS IS HAPPINESS



Fit Body

FIT INDIA HIT INDIA



Fit Mind

Fit Environment

+ HEALTH IS WEALTH +

By: I. YUVASRI
XI - 'A'



stay fit with yoga



You can't always control what goes on Outside..



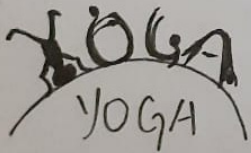
But you can always control what goes on Inside



Hum fit
toh
India fit



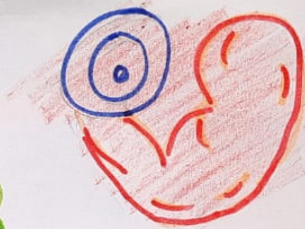
Stay
fit



By:-

G. Thiyagheeswari
XI A

The greatest wealth is health!



FIT INDIA

New
India
fit
India

"Healthy mind resides in a healthy body"



Fitness is not a destination; it is a way of health for Healthy people, Healthy Families, Healthy Society. Commit yourself to be healthy and stay fit for ever.

Stay safe and Be Fit

BY

Kendriya Vidyalaya, Aruvankadu.