

FITNESS WEEK CELEBRATION IN AMIT BOLIYA VIDHYA NIKETAN

In order to have holistic development (growth) of children, the future of our country, our school AMIT BOLIYA VIDHYA NIKETAN has conducted fitness week from 11th of November to 20th of November 2019.

FOLLOWING ACTIVITIES ARE CONDUCTED DURING THE FITNESS WEEK CELEBRATION

- THE FIRST DAY — 11/11/2019
- All students practised Yoga in the morning assembly followed by a talk on activities on Fitness and Nutrition for all by the Principal. He advised all students to practise some exercises

on daily basis in order to remain fit and healthy.

- THE SECOND DAY — 13/11/2019.

Various types of free hand exercises have been done by all students followed by a lecture on diseases caused due to the deficiency of nutrients and inadequacy of physical work by delivered by

Dr. Sharad Nalwaya

- THE THIRD DAY — 15/11/2019

A poster making competition for all students on the theme

' FIT BODY — FIT MIND — FIT ENVIRONMENT was held.

- THE FOURTH DAY — 18/11/2019

On this day, different physical activities such as Marshal art, Dance and Gardening etc were practised by students.

An essay writing competition for class VI to X was also held on this day.

- THE FIFTH DAY — 19/11/2019

An interhouse shorts Quiz was organised for the students on this day:

- THE SIXTH DAY — 20/11/2019

On this day, various sports and games activities were held for the students and staff. Some parents also participated in these activities. The winners were given prizes by the Chairman of the school.