

FIT INDIA MOVEMENT ACTIVITES

Subject: - Fit India Movement Activities September onwards **"Amrut Mahotsav Celebrating 75 Years of Indian Independence"** reg

Fit India Movement from Department of School Education & Literacy Govt. of India "FIT India Movement" was launched on 29th August, 2019 with a view to make physical fitness a way of life. To make the movement success in schools list of suggestive activities calendar from September 2021 to February 2022 of Fit India Movement, for classes 6 to 12, is as follows.

S.NO	MONTH	CLASS	THEME BASES ACTIVITES	RELEATED SUBJECT	TEACHER INCHARGE	
1	October		In morning assembly depicting importance of Mahatma Gandhi in India's Independence			
1	November	6TO 12	Promoting the healthy Food and healthy eating practices.	Physical Education	Ms. Chetna / Mr. Joel	
2	December	6 TO 12	Motivate & aware parents, community regarding doing daily fitness activities	Physical Education	Ms. Chetna / Mr. Joel	
3	December	7	Stories/Talks/Essay competition on one Freedom Fighter/local hero of Freedom struggle at least once every week.	S.ST	Ms. Soma	
4	January	7	Fitness through Folk Dance with Patriotic theme	Dance	Ms. Margaret	
5	February	6	Collage making and Poster Making Competition on Healthy Food Habits and Importance doing daily fitness activities.	Art	Ms. Dolly	

Note:

- ❖ All the teacher- in charges are requested to ensure maximum participation by the students.
- ❖ The four photos with a short event report should be given to Ms. Chetna(chetna110005@gmail.com) by last week of month of your events.

