

# FIT INDIA MOVEMENT

## FITNESS WEEK CELEBRATION

As per CBSE guidelines, AECS Magnolia Maaruti Public School celebrated 'FIT INDIA MOVEMENT-FITNESS WEEK CELEBRATION'. On 29 Aug 2019, the Honourable Prime Minister launched nation-wide "Fit India Movement" aimed to encourage people to inculcate physical activity and sports in their everyday lives and daily routine. Our students participated with great enthusiasm in all the activities conducted in the month of November 2019. The activities included Poster making competition on the theme "Fit Body-Fit Mind-Fit Environment", Essay writing on Fit India School. It also included physical activities like Yoga, Dance, Aerobics, Rope Skipping. Students also participated in Mental Fitness Activities like Debates, Fitness/Sports Quiz and Lectures by Sports Psychologist. The teachers and staffs also involved in celebrating the fitness week by participating in traditional games like Lagori. This movement has endeavoured the students to alter their behaviour from 'Passive Screen Time' to 'Active Field Time'.

