***KENDRYA VIDYALAYA THIRUVANNAMALAI***

***FIT INDIA WEEK CELEBRATION DAY-3***

***A REPORT***

Fit India week celebration was observed in the Vidyalaya on the 3rd December, 2020 with great pomp and show. It was the 3rd day of the ongoing celebration of “Fit India Anniversary”. The following activities were conducted to mark the day.

Day-3 programme of “Fit India commenced at 9 AM with the Virtual Assembly on Yoga. Classes V to VII participated in the programme under the supervision and guidance of PET teacher Mr. Ravindra Kumar Dhruw . Students participated in the programme enthusiastically and performed various Asanas of Yoga. The individual photos were collected and documented for school website.

A live lecture was arranged by Mr P Kannan PGT English for the students, staff and parents of class 9. He interacted with the students on” Re-strengthening of the mind -post pandemic corona”. It was a useful session by which the children came to a live interaction with the teacher to share the way to keep the body and mind balanced during the pandemic time.

A open letter to the youth of the nation was organized on the topic “Power of Fitness” by the students of class VIII with the help of Mr Jitendra TGT (ART-EDU).

A live interactive session was organized by Dr. Rajendra Prasad PGT ( BIO) to the students of classes X to XI on the topic Exercise is a celebration of what your body can do, not a punishment of what you eat” . He emphasized the idea on “Fitness” and “Balanced diet” specially during the pandemic.

The day-3 programme was successfully staged with the cooperation of all staff and students.

PRINCIPAL