**KENDRIYA VIDYALAYA THIRUVANNAMALAI**

 **FIT INDIA WEEK CELEBRATION- DAY 5**

 **A REPORT**

**Fit India Week celebration was observed in the Vidyalaya on the 7th December, 2020. The following activities, class wise, were conducted to mark the day.**

 **A lecture was arranged for classes VII and IX on the topic " Diet and nutrition during pandemic" to commemorate the Fit India- anniversary programme in the Vidyalaya on virtual mode by Mr Jitendra TGT ( Art Edu) and Mr P Kannan PGT English.**

**Classes V to VII participated in " Essay and Poem writing competition on the topic" Fitness beats pandemic". Primary classes were monitored by Mr Avinsh , Mr Pawan, Mr Mukesh Meena and the senior classes were supervised by Mr Lalit Kumar , Mr Mugesh and Mr Himanshu. Children took a lot of interest to compose poems and for drafting essays.**

 **An interesting movie making session was organised on the theme " Get Fit, Don't Quit - Mental health is not a destination but a journey " to class 12 under the guidance of Mr Babji PGT Chemistry. It was a very useful practical session exposing at our children to make short movies.**

**The day's activities went well with the coordination cooperation from staff , students and parents.**

**P&HE**