

KIKANI VIDHYA MANDIR SENIOR SECONDARY SCHOOL, COIMBATORE

DAY 01

Morning Assembly – YOGA

“Yoga changes one’s body, mind and attitude”. Its an integral part of our school curriculum.



Pranayama – breath with movements Utkatasana – Helps students to get Balance, energy and stabilizes mood. Muscles stretch, balance body and mind. Ashtanga (Titili Asana) helps to relax the muscles.



Fitness Pledge.

Emphasizing the speech of the Prime Minister, students promised to play a healthy sports regularly adhering to the rules and accepting the value of winning and loosing.

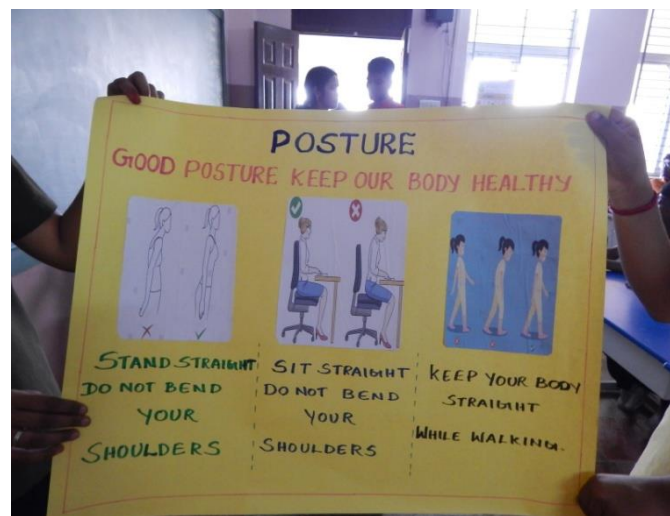
Activities on Fitness and Nutrition for Students

Good nutrition is essential to stay healthy. A session was organized for the student to understand the proper intake of food and its constituent for a healthy body.



EAT SMART - SEVEN DAY MEAL PLAN

	Breakfast	Lunch	Snacks	Work Opt	Dinner	Calories
DAY 1	Spinach - Loaded One little + Tea	Chicken and Chick Bean Soup	Oranges (3) or Peanuts	400 minutes of Yoga & Cardio	Leftover Vegetable soup, Green Tea	1,505 cal
DAY 2	1 cup fresh Berries / Raisins (w/ meal)	Beef, chick-pea, lentils / Brown Sauté	Apple / Almonds		Mix vegetable Spring Soup	1,911 cal
DAY 3	Shrimp because Banana + Almonds - Smoothie	Spicy vegetable dish - meal	Small cup of boiled avocado, peas		1 cup roasted green Beans	1,445 cal
DAY 4	1 egg, Shrimp, chick-pea, lentils	Chicken / Lamb Sauté w/ Green Sauté	Handful of roasted almond - granola		1 cup Steamed - Broccoli	1,644 cal
DAY 5	Smoothie: Pineapple, Mango, Banana, Spinach	Protein Sauté mixed with salad	Orange - Juice		Broccoli / Kale	1,605 cal
DAY 6	Banana & Chocolate Smoothie	Beef, chick-pea, lentils	Tea with nuts		Mix vegetable salad	1,416 cal
DAY 7	Smoothie: Banana, Spinach, 1 cup	Chicken Sauté with green Sauté	2 hard boiled egg		1 cup Steamed - Broccoli	1,483 cal



Correct Postures in the classroom promotes concentration and learning. Good postures allow the child to work more efficiently, relax and to maintain ones personality. The teacher explained with demonstration to the students about the right postures of sitting, standing and walking.