

KIKANI VIDHYA MANDIR SENIOR SECONDARY SCHOOL, COIMBATORE

Day 04 – Physical Activities by Students (Dance, Aerobics, Marital Arts, Rope Skipping, Gardening)

Students involved in gardening there by develop life skills – gain confidence, resilience and self esteem.



Become responsible and gains possible attitude to healthy food choices.



By skipping activity students focus on coordination and cardiovascular fitness.
Students practicing dance- an enjoyable health promoting physical activity.



“Kai Silambam” – Girls trained for self-defense , gains self confidence and self esteem.



Students performing Aerobics – helps in circulation of oxygen, increase energy and strengthens immune system.



Essay / Poem Writing Competition "FIT INDIA SCHOOL"

Awareness was created by conducting Essay / Poem writing.



FIT INDIA SCHOOLS

It's not a game,
It is just about you.
There exist nobody to blame,
Even if you are not strong as a statue.

It's all about a new start,
To become the of what you want.
It's all about how you are smart,
To live longer than a small plant.

It's just about to become fit,
giving a support to fight.
Not to fall even if something hit,
and to stand with the night.

It all begins with steps,
And continues as long journey
Only few blasting steps
that helps us stand on our own knees.

Fit India Policy

Health is biggest wealth
Other than that nothing else.
Maintain your health properly
otherwise you will fall sick easily.

Eat, play, work and exercise right
so that physically and mentally you be bright.

Success, Goals everything you can get
when your health is all set.

Healthy body makes your mind active
So that you always be interactive.

Keep your Health first in everything
Because good health is best thing

SANDEEP JAINWAL
X-8

FIT INDIA SCHOOLS

A sound body will always have a sound mind. A sound mind will always have a sound environment. Everything starts with self and then, it is obvious that the first step to a fit India starts with self motivation and taking individual efforts to achieve goals in life.

A school student is educated to learn their subjects. The school also teaches and one even builds and become a successful person. That is why it is said that a school is a place where one learns to live. It is necessary to be fit. A common misconception among many people of all age groups is that being fit means to be skinny and not eat anything. Not only is this a false statement, this also goes on in violating these orders that are the ones to be found in students.

Remaining fit means to regularly stay active and energized by following routines of exercises and healthy diet. Being taught about these at a young age causes or leads to an inevitable routine among students where they stay fit all the time. Awareness is available in abundance; it is the step that has to be taken. This new initiative mends all misconceptions will eventually lead to a fit India. This initiative being started from the very roots, that is school.

Being fit opens up an array of opportunities to all, especially when it is at a very young age. Being fit not only earns fruits in the present, but inevitably gives good deeds in the future.

Becoming a sound person and reaching into fullness is mostly all depends on a person on a way that makes them healthy on the inside and out. This practice involves for a long time, will have good food, a person has become fit. Not only by physical activities, but also by self introspection and maintaining peace with one self. And by maintaining peace in body and mind, the same inspires others and the more practice to everyone to make the world fit and healthy.

M. Aditya
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