KIKANI VIDHYA MANDIR SENIOR SECONDARY SCHOOL, COIMBATORE

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

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 practicingdance- 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 strengthensimmune system.





Essay / Poem Writing Competition "FIT INDIA SCHOOL"

Awareness was created by conducting Essay / Poem writing.





FIT INDIA SCHOOLS

It's not a game,

To become the of what you want. It's all about how you are Amout, To the longer than a Amail plant. It's just about to become fit,

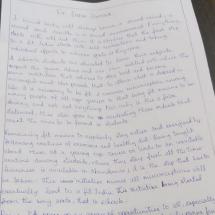
giving a support to fight. Not to fall even if somethings hit, and to shand with the night.

It all begins with steps, And continues as long journeys Only four blocking thep? that helps us shend on our own knuss.

India Botog

Health is disport wealth other than that nothing else Maintain Your health Broquely observice year will fall sick could Eat , play . work and Exercise night so that physically and montally you be bright Success, Goods everything you can get when your health is all set. Healthy body makes your mind active So that you always be integrative. Keep your Health first in everything Because good health is Best thing

> SANSKAR . JAISWAL . X-18



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

