



## VIRTUAL ACTIVITIES OF FIT INDIA SCHOOL WEEK CELEBRATION 2020

As one of the FIT INDIA SCHOOLS, we are taking the FIT INDIA MOVEMENT forward and have conducted various virtual activities to improve our fitness during the FIT INDIA SCHOOL CELEBRATION WEEK DEC-2020.

The following set of activities have been conducted to ensure that all Students, Parents and Staff shall actively participate in the Fit India School Week celebration.

### FIT INDIA SCHOOL WEEK INAUGURATION



# FREE HAND EXERCISES FOR PARENTS





# FITNESSS PROGRAM FOR STAFF AND STUDENTS





# VIRTUAL ACTIVITIES FOR STUDENTS



# ACTIVITIES FOR FITNESS SESSIONS AT HOME



# BRAIN GAMES TO IMPROVE CONCENTRATION





# YOGA FOR STUDENTS AND TEACHERS





**We thank Kannammal Family for their active participation in the fitness drive.**