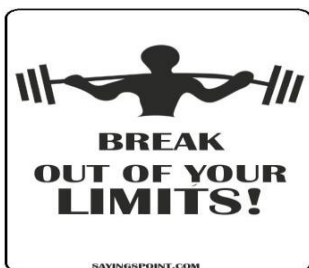


Dr. VIRENDRA SWARUP PUBLIC SCHOOL, KALYANPUR



VIRTUAL ACTIVITIES FOR FIT INDIA SCHOOL WEEK CELEBRATIONS 2020



- The Fit India School Week Celebrations will commence with a virtual assembly on the Microsoft teams Platform which will be conducted by the Class Teachers as per the following schedule:-
 - Classes I – IV : **01.12.2020**
 - Classes V-VIII: **02.12.2020**
 - Class IX : **03.12.2020**
- The following activities will be conducted to inculcate physical activities and sports in the everyday lives and daily routine of the students:-

S.no.	DATE/DAY	TIMINGS	CLASS	DESCRIPTION OF THE ACTIVITY PROPOSED	TEACHER INCHARGE
1	07.12.2020 MONDAY		I & II	<ul style="list-style-type: none">• Free Hand Exercises• Aerobics/ Zumba	<ul style="list-style-type: none">➤ Ms. Uttara Bakre➤ Ms. Rashi Sharma
2	08.12.2020 TUESDAY		III & IV	<ul style="list-style-type: none">• Poster Making Competition on theme “<i>Hum Fit To India Fit</i>” or “<i>New India Fit India</i>”	<ul style="list-style-type: none">➤ Ms. Jyoti Verma➤ Ms. Ishpreet Bhatia➤ Ms. Ranjana Mishra
3	09.12.2020 WEDNESDAY		V & VI	<ul style="list-style-type: none">• Open letter to Youth of the Nation on “Power of Fitness” (Hindi and English)	<ul style="list-style-type: none">➤ Ms. Garima Bajpai➤ Ms. Nisha Trivedi➤ Ms. Isha Mishra
4	10.12.2020 THURSDAY		VII & VIII	<ul style="list-style-type: none">• Essay/Poem Writing Competition on theme “Fitness beats pandemic” (Hindi/ English)	<ul style="list-style-type: none">➤ Ms. Richa Sharma Singh➤ Ms. Charu Mishra➤ Ms. Meena Bajpai
5	11.12.2020 FRIDAY		IX	<ul style="list-style-type: none">• Open mic on topics “Exercise is a celebration of what your body can do, not a punishment for what you ate”	<ul style="list-style-type: none">➤ Mr. Chandrajeet Verma➤ Ms. Deepa Sharma

- The description of the activities would soon be shared with the students by the teacher incharge/s.