



केन्द्रीय विद्यालय खिचड़ीपुर, दिल्ली KENDRIYA VIDYALAYA KHICHRIPUR, DELHI

Organizes Fit India School Week 2020

Date: 9th December- 16th December 2020



Organizes Fit India School Week 2020


"Virtual Activities for Fit India School Week Celebrations 2020"

Activity :- Virtual Assembly - Free hand exercises, Yoga, Lectures, Brain Games to improve concentration, Poster Making competition, Nutrition during pandemic, Essay/Poem Writing, Online Quiz, Virtual Challenges and Family Fitness Activity



KENDRIYA VIDYALAYA KHICHRIPUR

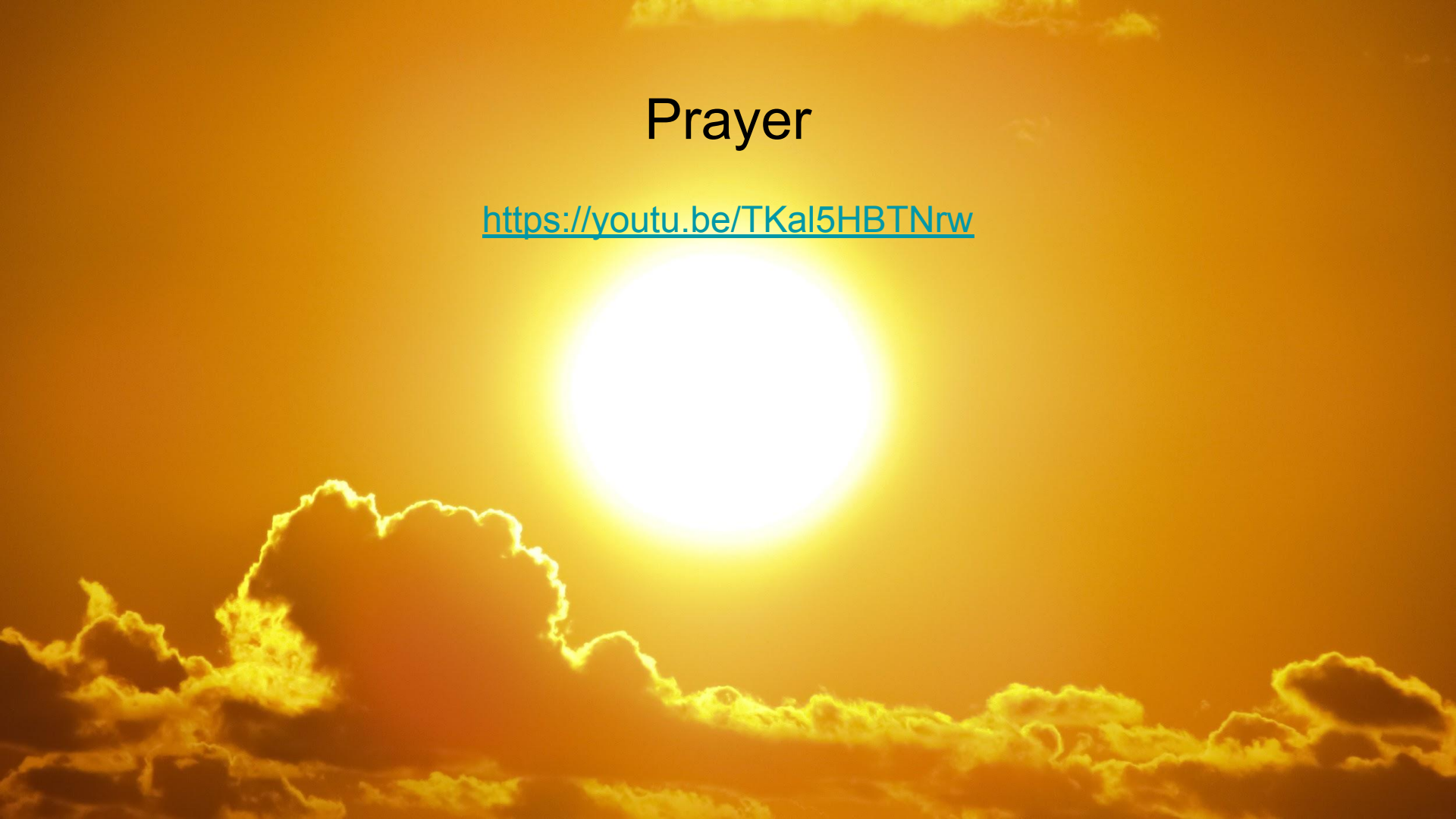
VIRTUAL ASSEMBLY



$5 + 4 = 9$
123456789

Prayer

<https://youtu.be/TKaI5HBTNrw>





Fitness Pledge

I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbours to be physically **fit** and make **India** a **fit** nation.

Jai Hind



THOUGHT OF THE DAY

Exercise not
only changes
your body,
it changes
your mind,
your attitude,
and your mood.

www.YourPositiveOasis.com

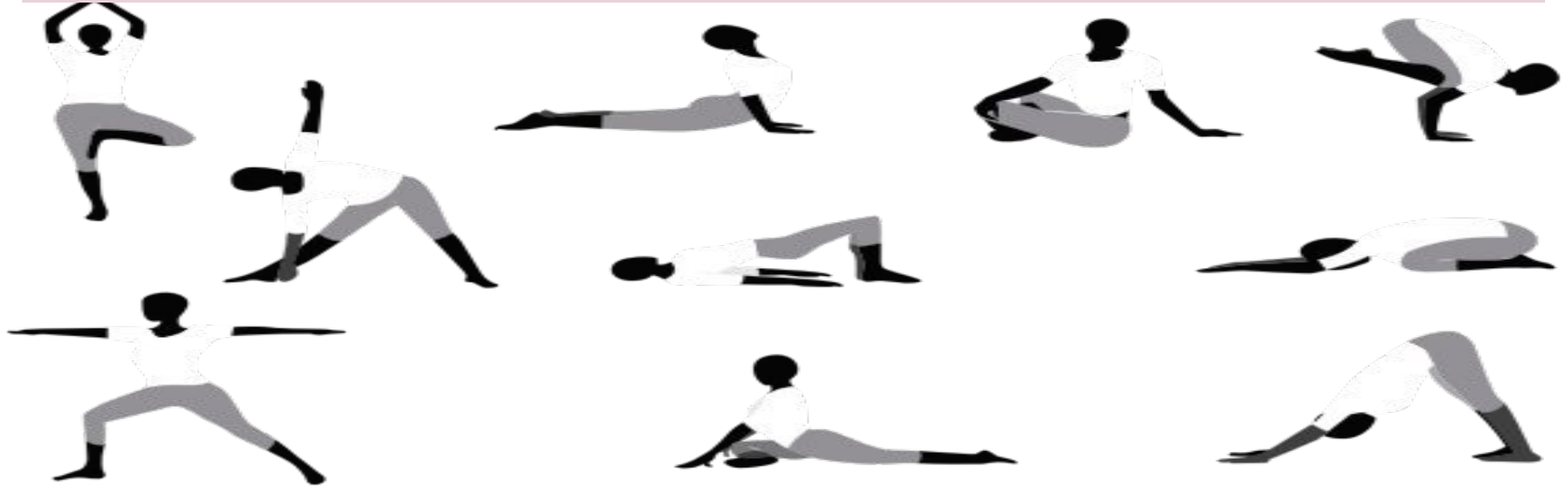
10 lines about fit india movement

<https://youtu.be/15viQHHtvUY>



AEROBICS EXERCISE

<https://youtu.be/X54eSy7SEZc>



EXERCISE

<https://youtu.be/EVFoLMYmaTw>



Khelo India Anthem

<https://youtu.be/Eyp0SjkHWhs>

Thank
You