



AHLCON INTERNATIONAL SCHOOL

MAYUR VIHAR PHASE-1,

DELHI-110091

Celebrates

“Fit India School Week-2020”

A Report

Pre-Primary Section

“Fitness is zero percent investment with infinite returns”

The spread of technology undoubtedly made our lives much easier and much better, but at the same time, it made many of us turn to a sedentary lifestyle. Lack of physical activity and excessive usage of mobile phones among children is also becoming alarming as the health behavior patterns formed at early years are most likely to persist into adulthood too.

Thanks to the “Fit India Movement” launched by Honorable Prime Minister, Mr. Narendra Modi on 29th August 2019, effective measures were introduced through various platforms which encouraged people of India to turn to an active lifestyle further leading to mental fitness. To endorse and take this movement further, the little torchbearers of **Ahlcon International School** enthusiastically participated in “Fit India School Week” and even urged their family members to be part of this health and fitness movement. Numerous activities were conducted through a virtual platform to celebrate Fit India School Week2020. Children made colorful posters emphasizing healthy body and fit minds, few children spoke on the significance of health and fitness, and created their fun drills using home-based equipment for sports and fitness.

The school has always given due prominence to physical fitness and mental wellbeing of all its students by providing them ample opportunities to exercise and embrace healthy lifestyle not only in school campus but also spread the word through their community outreach programs.

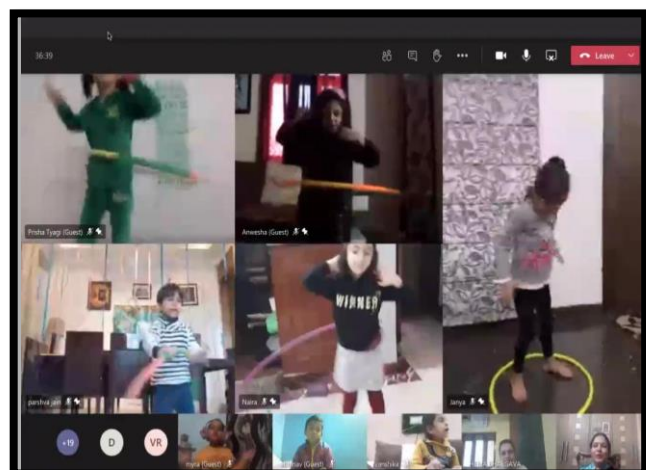
Little Ahlconites have set the benchmark by not only following a strict fitness routine in their day-to-day life but have also been learning to stay fit through healthy eating habits. The easy recipe sessions taken as part of synchronous learning during virtual classes has also laid a strong foundation for young kids to be involved in healthy dietary patterns further resulting in massive health benefits. Meditation and yoga sessions have also given them an opportunity to

unplug, have better control over their emotions, and reduce stress and anxiety in them.

Pep-Talk through virtual Theme Boards was carried out where children were expounded the importance of exercise in their daily lives. Teachers illustrated the students on how regular exercising not only makes us physically fit, but it also improves our mental health and general sense of well-being. They further exemplified, that exercise is the key to good health and fresh mind. It does not mean to take stress on body, but it is actually a stress relieving activity. Children were happy to understand that good health is mandatory for doing a good work and how important it is to have a fresh mind before commencing any work.

- Healthy living style-
 - (a) https://youtu.be/_QqgleAwTfk
 - (b) <http://linoit.com/users/SonamN/canvases/Fitness%20Drive-%20Prep%20E>
- Physical fitness for Healthy lifestyle. <https://youtu.be/4lveo7jZNZA>
- Fitness Quiz Link- <https://quizizz.com/join?gc=53180740>

Teachers conducted activities- Jumping, Hula-hoop and Hurdle Race Competition were conducted during the week. Children made videos and shared them in the group. Best 7 entries were selected for the final round which was live competition during the Assembly. Children were excited to compete live and three from each category were the winners who received E- Appreciation Note from the class teachers.



The COVID-19 pandemic has caused significant disruptions in our lives. As the routines so many of us base our lives around have been altered, we need to maintain that fitness now more than ever so students practiced –

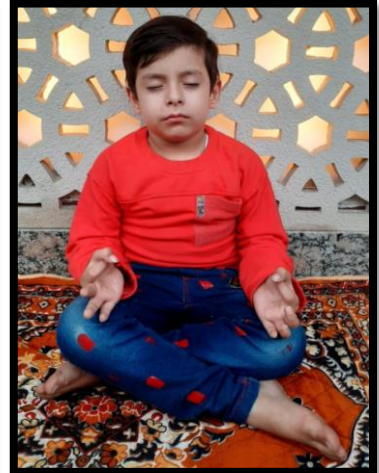
(a) **Yoga**- It improves bone and muscle strength, maintain balance and increase flexibility.



(b) **Physical Activities**- Fit India Movement is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives.



(C)Meditation- If the body is fit, the mind is a hit. Regular meditative practice is followed in all the classes. It can lower the rate of anxiety and depression, increase attention span, help children to become more self-aware and can also boost their self-esteem.



FAMILY FITNESS: Not only children but also their parents and family members were made aware about the importance of staying healthy during this pandemic period.



HEALTHY EATING- Along with the daily routine of Yoga, meditation and physical exercise, children also followed the routine of healthy and balanced eating. They prepared different colorful fruit and vegetable salads for the same and promised to SAY NO TO JUNK FOOD.



CELEBRATING FIT INDIA SCHOOL WEEK-2020 **Primary School**

“Don't workout because you think you 'need' to, do it because your body deserves love, respect and healthy attention.”

In compliance to the CBSE directives of celebrating "Fit India School Week" to support the 2nd Edition of nation-wide campaign "Fit India Movement" which was introduced last year by Honorable Prime Minister Narendra Modi, Ahlcon International School observed the week virtually from 14.12.20 to 19.12.20. The aim was to develop Sports Quotient among all the students to achieve a healthy lifestyle and alter the behavior from "Passive Screen Time" to "Active Body Time". All the three stakeholders- Teachers, Students and Parents actively participated in the different activities proposed by CBSE as per the schedule: -

DAY-1: - The students of classes 1-5, along with the teachers, did warm up, free hand exercise and stretching for flexibility and endurance, under the guidance of their respective class teachers and Sports Faculty.

DAY-2: - The second event was "Yoga for All" in which students of classes 1-5, teachers and heads did yoga including various Asanas like Anulom

Vilom(Pranayam), Tadasana, Vrikshasana, Dolasana, Padmasana etc, Students were explained about the correct techniques of holding the breathe and importance of the asanas by the yoga teachers.

DAY-3: - Students of classes 3-5 made attractive posters on the theme “Hum Fit to India Fit” and “New India Fit India”. They also expressed their views on health and fitness through different slogans.

DAY-4: - Students of classes 1 and 2 conducted inter-class Fit-India campaign in which five students from each section went to different sections and recited poems based on the theme “Fitness beats Pandemic” and emphasized on the importance of exercising during the pandemic.

Teacher talk was done in Class III on Diet and Nutrition in which the teachers explained the importance of healthy foods habits through videos and ppt. In Classes IV and V, podcasts recorded by students in English and Hindi on the themes - **“GET FIT, DON’T QUIT” and “MENTAL HEALTH IS NOT A DESTINATION BUT A JOURNEY** were played.

Through these podcasts, the young Ahlconites expressed and shared their views about health, will power and how to survive the ongoing crisis not only by being physically but also mentally active.

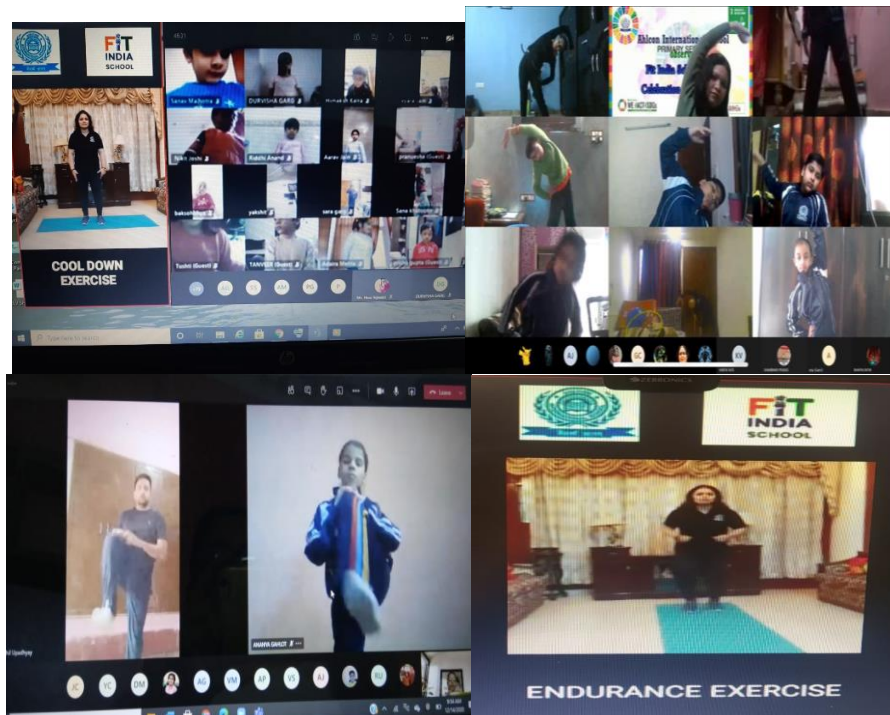
Day-5: - Teachers, Parents and Students of class 4 attended a session on ‘**Anger Management**’ by clinical psychologists Ms. Megha Sarin and Ms. Priyam Kumar. Ms. Priyam discussed about different ways of managing anger through a story and an activity. Ms. Megha explained how aggression and not anger is a wrong emotion and we can deal with it by following simple steps like reading a book, listening to music, drinking a glass of water etc. She also discussed the ways of dealing with cyber bullying. Headmistress Ms. Anju Gupta also shared some useful tips to tackle anger and how to be mentally fit and healthy. This workshop helped children to identify their own emotions and perceive the emotions of others around them. They came to know how to deal with and get over anger or disappointment.

Day-6: - To culminate the week, we dedicated the final day to all the parents, who often find it difficult to maintain a healthy routine due to their busy schedule. In our initiative **“Fit Family, Hit Family”** an active participation of the parents was observed along with the staff members and students. Sports faculty conducted the fitness session which was followed by an interactive discussion. Parents expressed their gratitude and asked their queries regarding nutrition and lifestyle from the Physical Education Teachers.

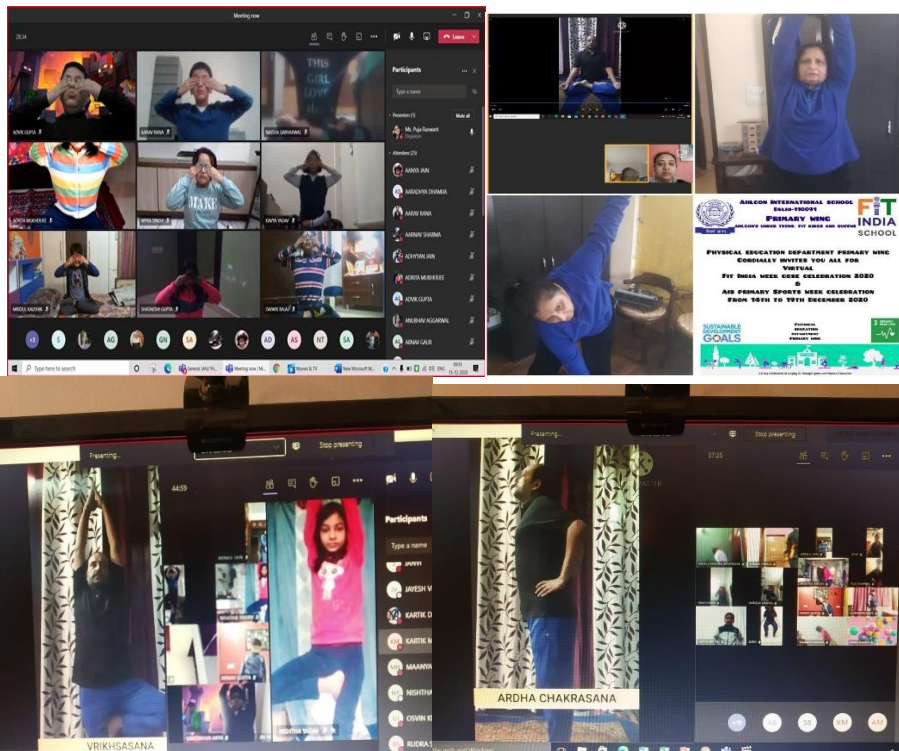
All the events saw a wide participation by students along with parents and teachers. Principal, Mr. Sanjay Yadav congratulated everyone for the huge

success of the event. Headmistress, Ms. Anju Gupta said that students are the best ambassadors to carry forward the legacy of an active lifestyle. Such events help in understanding the importance of a healthy and fitness especially during these tough times.

DAY 1-Free Hand Exercises



DAY-2 Yoga For All

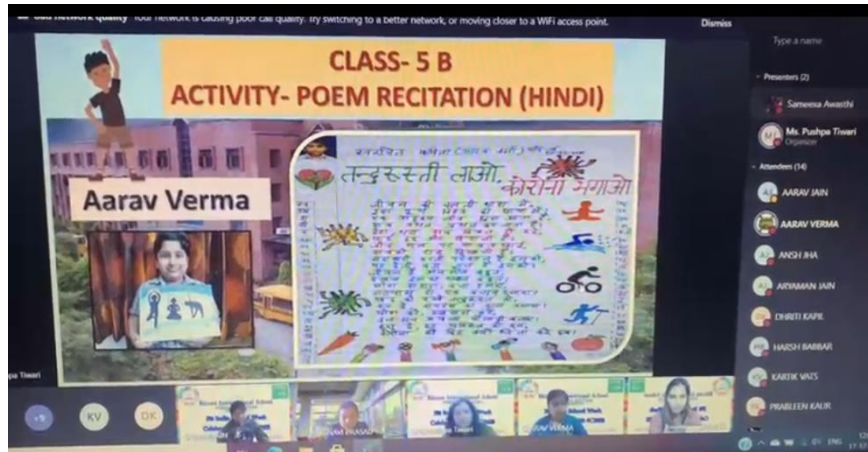


DAY-3 Poster Making



DAY-4

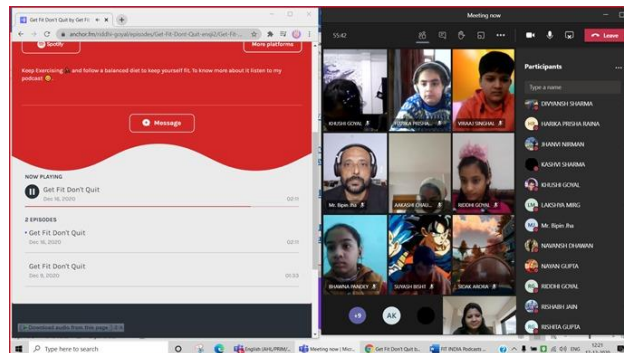
Inter-Class Campaign by Class 2



Teacher Talk on 'Diet and Nutrition' in Class-3

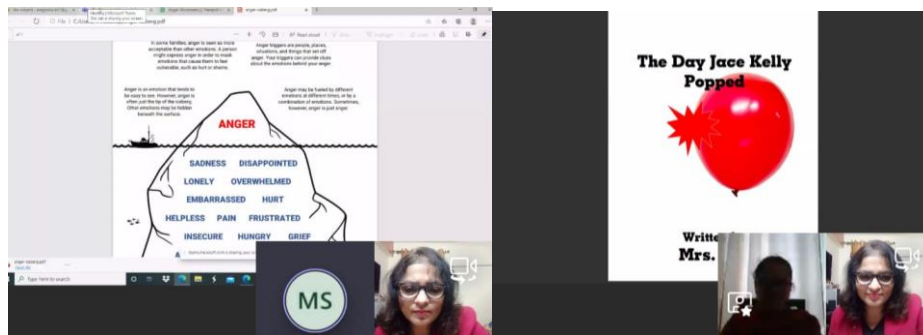


Podcasts by Students of Classes 4 & 5

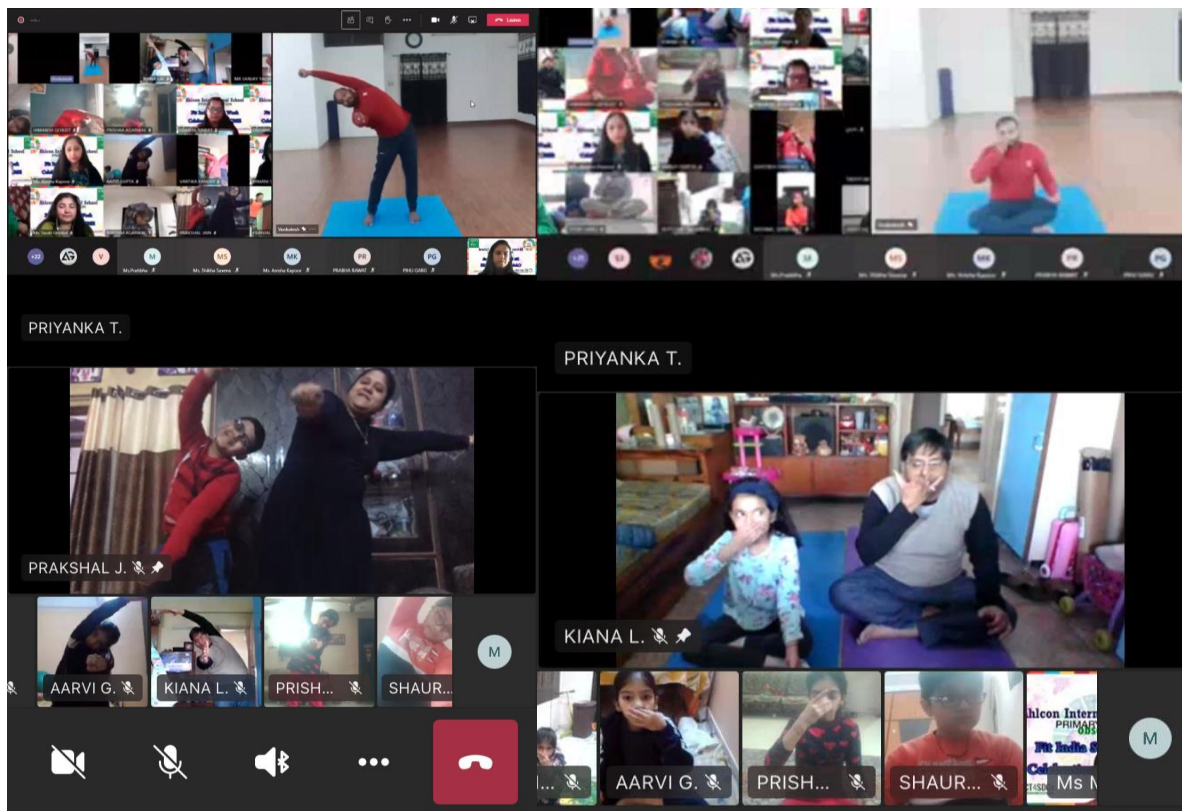


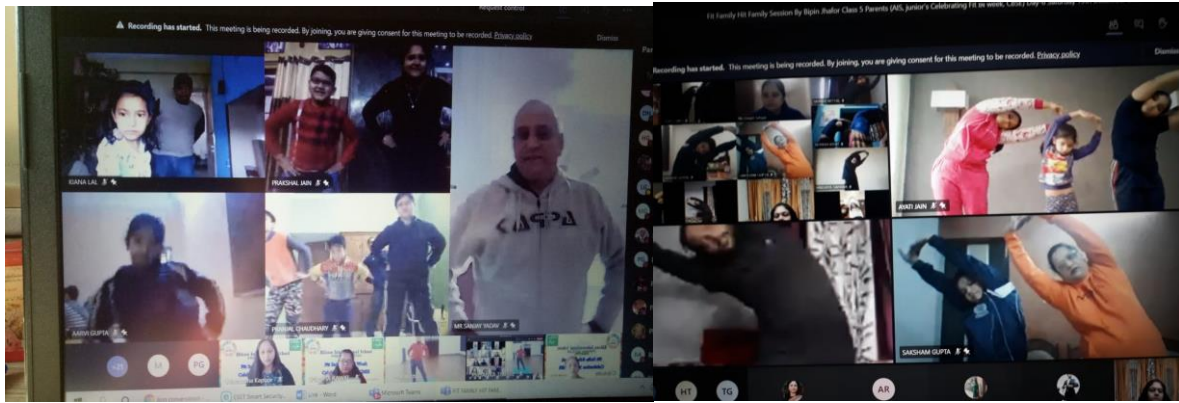


DAY-5 Webinar on Anger Management



DAY-6 'FIT FAMILY, HIT FAMILY'





CELEBRATING FIT INDIA SCHOOL WEEK-2020

Middle School

DAY 1

‘Don’t limit your challenge rather challenge your limits’, is a well-known mantra of good health. So, to sow these seeds of good health during this pandemic times, Ahlcon International School joined hand with CBSE for their Fit India School Week Celebration 2020 for a better and healthy tomorrow of Ahlconites.

Tuesday, 01 December 2020 the dawn of day was reverberated with the commands from the Sports Department of the Middle section of the school, where on the computer-generated platform more than 400 students of class 6th - 8th along with their class teachers performed numerous exercises. It was a memorable moment for heart, mind, and body. This was indeed an example of perfect amalgamation and the need of the hour as the school life is confined to the four walls.

HM-Middle section, Ms. Sunita Rajiv felt contentment and happiness to observe young learners walking on this path of wellness.





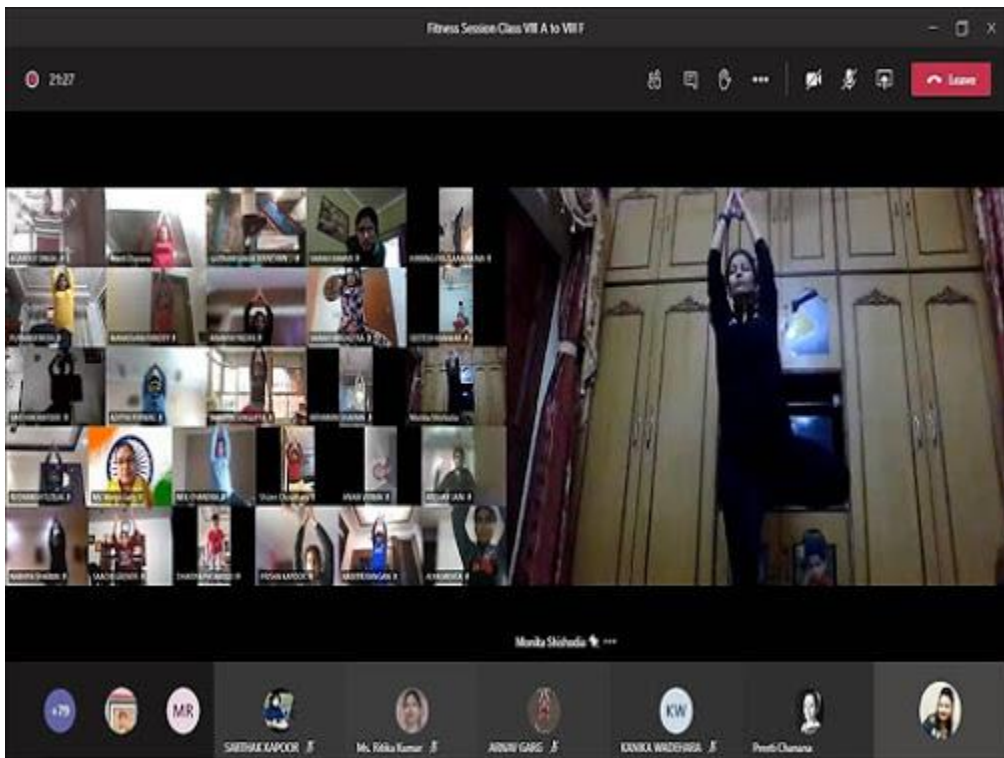


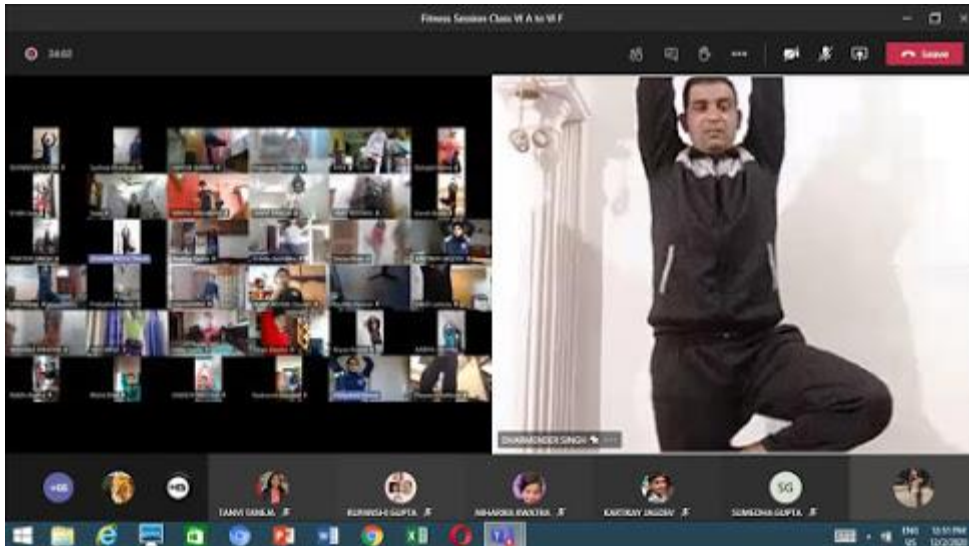
DAY 2

योग दिवस

**योगयुक्तो विशुद्धात्मा विजितात्मा जितेंद्रियः ।
सर्वभूतात्मभूतात्मा कुरवन्नपि न लिप्यते ।**

“अर्थात् योग से युक्त मनुष्य शुद्ध आत्मा वाला, इंद्रियों को जीतने वाला, सभी प्राणियों में अपने आप को देखने वाला कर्म करता हुआ भी सांसारिक कर्मों में लिप्त नहीं होता ।” आज की विषम परिस्थिति तथा कोरोना जैसी वैश्विक महामारी के समय में भी हमारे विद्यालय का प्रमुख लक्ष्य पढ़ाई के साथ-साथ छात्रों का स्वास्थ्य भी उत्तम बना रहे इस पर केंद्रित है। इसको ध्यान में रखते हुए सी.बी.एस.ई. द्वारा आयोजित फिट इंडिया मिशन 2020 को हमारे विद्यालय के द्वारा हर्ष और उल्लास के द्वारा स्वीकार किया गया । बुधवार 02 दिसंबर 2020 को आभासी (वर्चुअल) कक्षाओं में खेल विभाग के द्वारा नियमों के साथ संपूर्ण माध्यमिक वर्ग कक्षा छठी से आठवीं तक के सभी छात्र-छात्राओं एवं शिक्षक - शिक्षिकाओं के द्वारा योग का अभ्यास किया गया, जिससे सभी शारीरिक और मानसिक रूप से लाभान्वित हुए । यह कार्यक्रम सुचारु रूप से सम्पन्न हो सके इसके लिए हमारी माननीया माध्यमिक वर्ग की मुख्याध्यापिका सुश्री सुनीता राजीव जी का अथक प्रयास प्रशंसनीय है ।





DAY 3

‘Your body is a finely tuned vehicle, give it good fuel and it will take you places’.

Under the flagship of CBSE FIT INDIA MOVEMENT, Sports Department of Ahlcon International School successfully conducted Sessions on ‘Importance of Maintaining Healthy Lifestyle’ for the holistic development of the students. On Thursday, 03 December 2020, two thoughtfully planned assemblies were conducted to sensitize students how amalgamation of balanced diet and physical activities can work wonders for them and save them from the possible danger of infections and diseases. During this Pandemic it is imperative for all of to keep ourselves active by doing Aerobics, Zumba, Gymnastics, Brisk walking, and Yoga.

Two Nutritionists were invited to guide students, Ms. Madhu Goel, our Parent Guest and Ms. Ratika Chawla, our Alumni engaged the students by their intriguing sessions on the ‘Importance of being Healthy’. They reiterated on the importance of having right foundation during the formative years of the students. Thus helping them to overcome lifestyle disease, and guided them how they can plan their balance meals, so that their health does not take a back seat during this pandemic.

‘You are, what you eat’ was the mantra of the interactive session, students learnt that by adopting healthy lifestyle they can improve their concentration levels and strengthen their body and muscles. Some simple tips were shared how they can avoid bingeing, and eat everything in moderation to nullify the negative effects of junk food and sugar. They were motivated to be an inspiration and set right examples for others to follow.



Fit India School Week #CBSE


Talk on Health & Nutrition

Ms. Ratika Chawla
 A senior Dietician and a core team member at Nutripal Healthcare. She specializes in Child Nutrition & Weight Management




Talk on Health and Nutrition With 7 D, E, F And 8th class

12:53

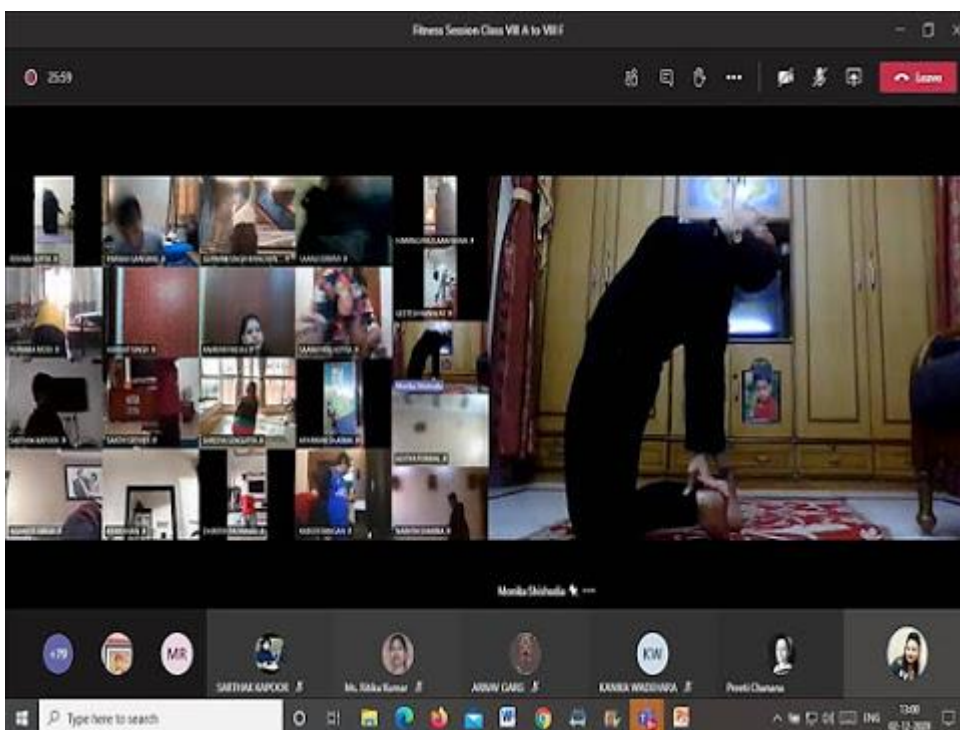



Talk on Health and Nutrition With 7 D, E, F And 8th class

11:37

Request control



Day-4 (Brain Games for VI-VII)

The way to make India a great nation is only possible through a healthy person, healthy family and healthy society. True health infuses positive energy in the mind, body and spirit.

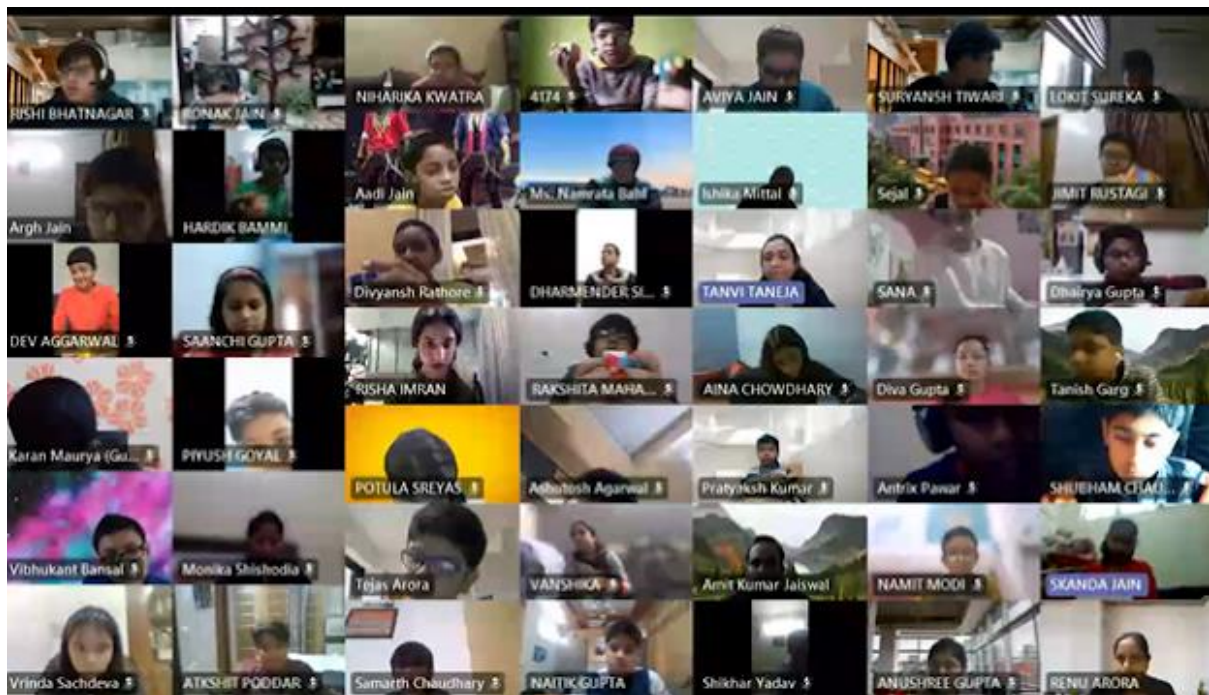
When we think of learning, we generally think of sitting in a classroom listening to a teacher's lecture. While this is the most commonly adopted approach, it is far from the best way to learn. Monotonous repetition, never ending lectures, and repeated testing are not always the most effective. The best way to learn is to remove the boring and have fun.

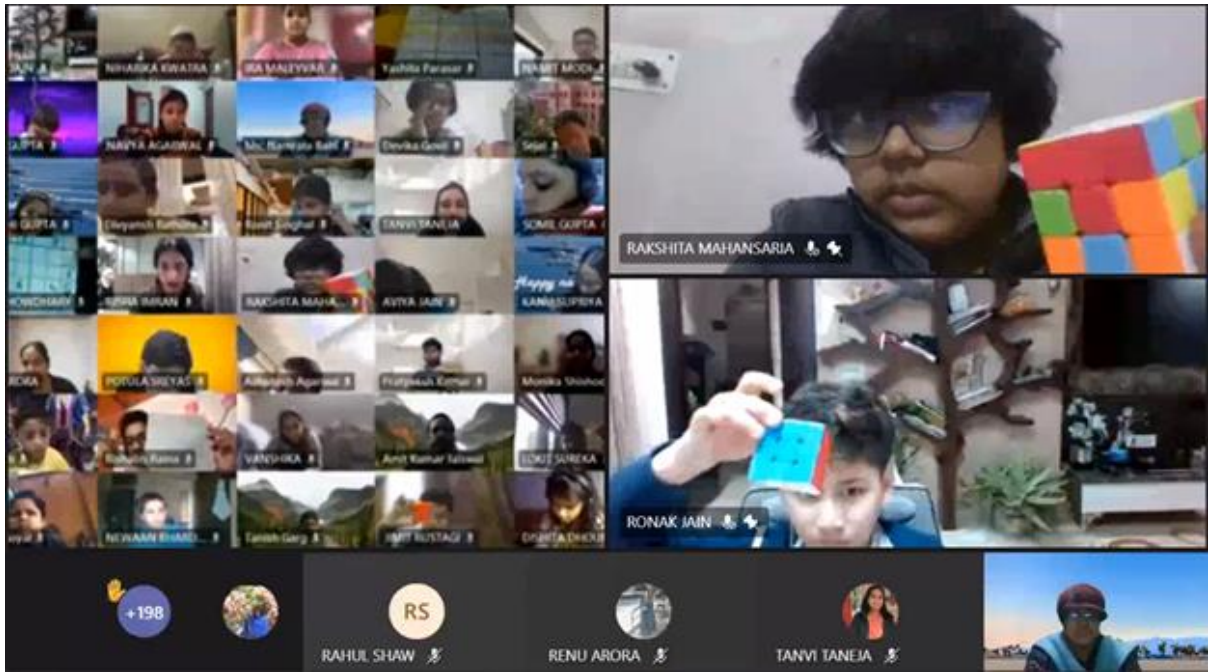
With this aim in mind, students of class VI and VII joined for a fun-filled activity where they took part in brain games like Sudoku and solving Rubik's cube.

Such games aim at improving various important skills like cognitive skills, motor skills, hand-eye coordination, differentiating between very look-alike objects, problem-solving skills, reflex actions, thinking out of the box capacity to solve complex problems and much more.

In the first part of the activity, a Sudoku puzzle was given to the students on MS Teams. The basic rules of the game were explained to the students and they were asked to solve the puzzle by sticking to the rules. The students amazed us with their analytical and problem-solving skills as many of them were successfully able to solve and share the solution of the puzzle in very little time. The session also witnessed the students solving different types of Rubik's cube in merely 5-10 minutes!

The activity proved to be like a refreshing wave of fun for the students. They thoroughly enjoyed these brain games as it allowed them to break free from the trending 'online games' and brought back the joy of solving fun challenges in the live class.





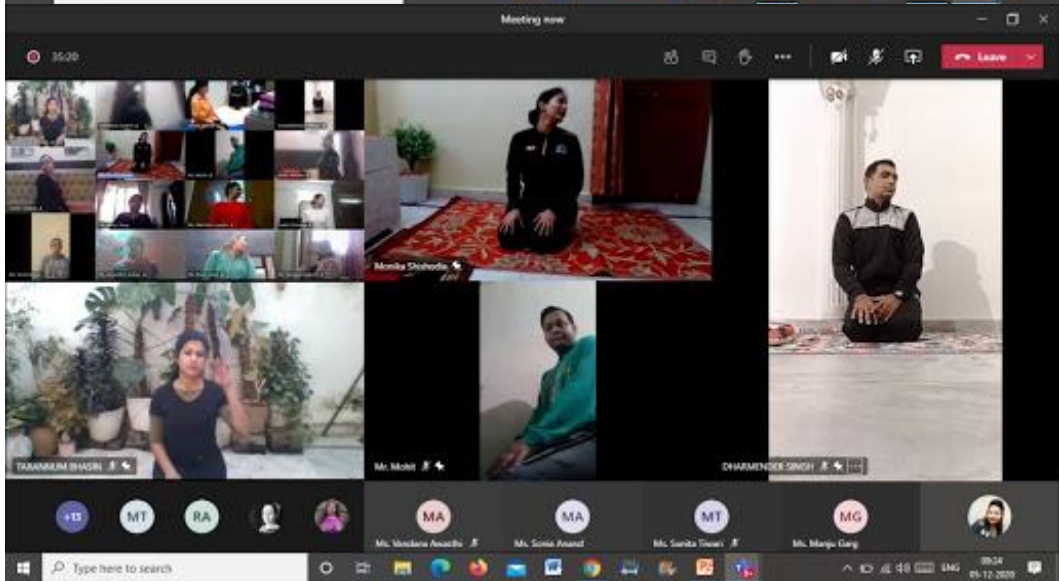
Day 5

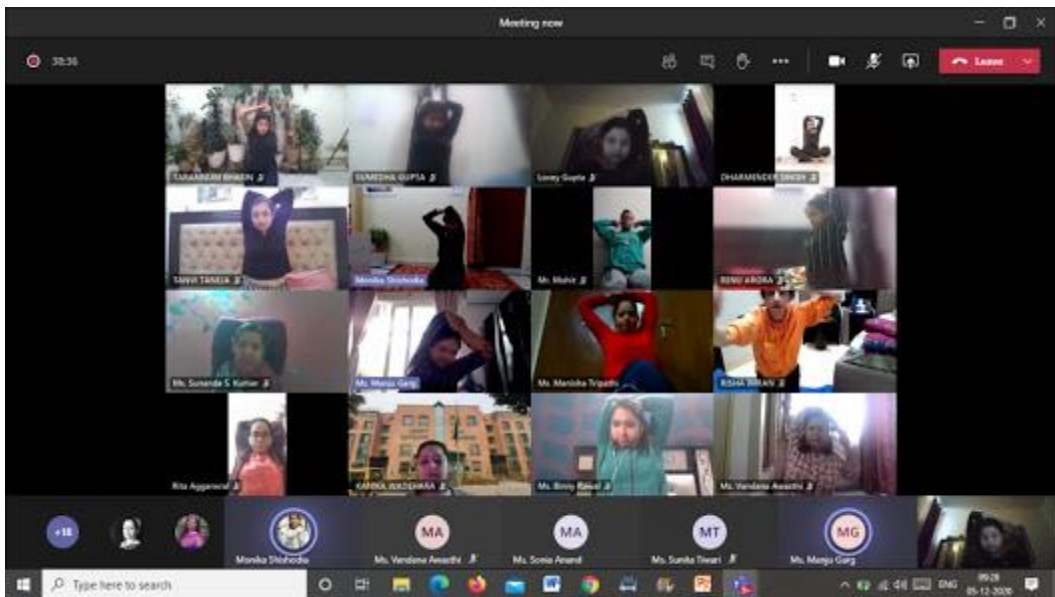
योगाभ्यास स्वस्थ जीवन का आधार

‘स्वस्थ शरीर में स्वस्थ मन का वास होता है’ इस कहावत को आज फिट इंडिया कार्यक्रम के अंतर्गत पाँचवे दिवस पर दिनांक 5/12/2020 को एहल्कान इंटरनेशनल के अध्यापक वर्ग ने अपनी प्रातः कालीन दिनचर्या का आरंभ अपनी खेल अध्यापिका श्रीमती मोनिका सिसोदिया के मार्गदर्शन में संपन्न किया।

हम दैनिक क्रियाओं में व्यायाम की छोटी-छोटी महत्वपूर्ण बातों को ध्यान में रखकर स्वास्थ्य लाभ प्राप्त करते हुए अपना व विद्यार्थियों का सर्वांगीण विकास कर सकते हैं, हमारे विद्यालय में इस बात का विशेष ध्यान रखा जाता है। इसी के अंतर्गत आज की कार्यशाला का मुख्य उद्देश्य विश्व में व्याप्त समस्याओं से उबरने तथा मन में उमंग तथा उत्साह का संचार करना था। इस कार्यशाला में योग एवं व्यायाम की विभिन्न मुद्राओं का जैसे – मकरासन, भुजंगासन, भद्रासन, गोमुखासन, वज्रासन आदि का अभ्यास करवाया गया जिससे सभी आजीवन स्वस्थ रह सकें। आज की यह कार्यशाला अपने उद्देश्य को पूर्ण करती हुई सारगर्भित रही।







Day 6

‘One has to think it before one can do it. The mind is what makes it all possible.’

CBSE’s thoughtful mission of spreading Fitness during this pandemic opened the doors for enthusiastic Ahlconites and the Sports department of Ahlcon International School.

A week filled with wellbeing sessions and motivational talks added all the flavours of good health. The culmination of the Fit India School Week Celebration-2020 for a better and healthy tomorrow of Ahlconites was designed in a manner to check their comprehension about this, through a Kahoot- Quiz.

This quiz was attempted by more than 600 students of 6th- 8th classes of the Middle section.

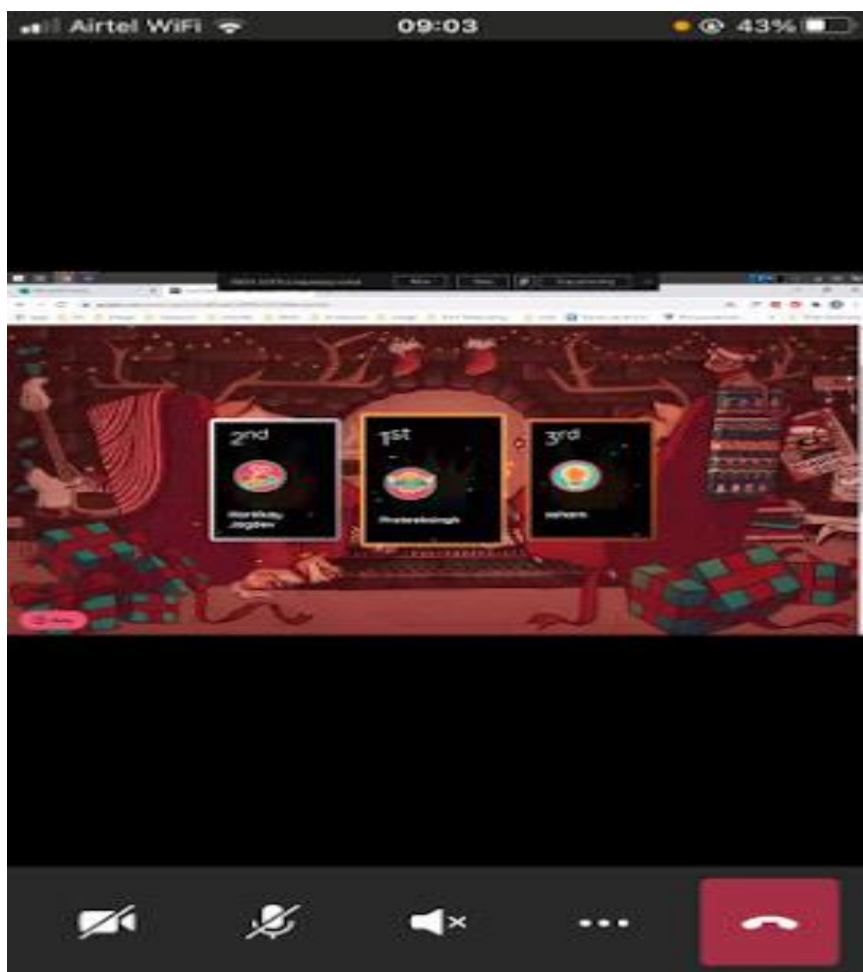
Tuesday, 08th December 2020 marked by the Sports Department as a day filled with contentment as during this entire week the zealous efforts of students, teachers and mentors showcased a challenge for this challenging time.

The fervent endeavours of the entire team made HM-Middle section Ms. Sunita Rajiv felt joyful because the foundation of the students is firmly secured with habits of health and wellness.









CELEBRATING FIT INDIA SCHOOL WEEK-2020 **Senior School**

Day1:

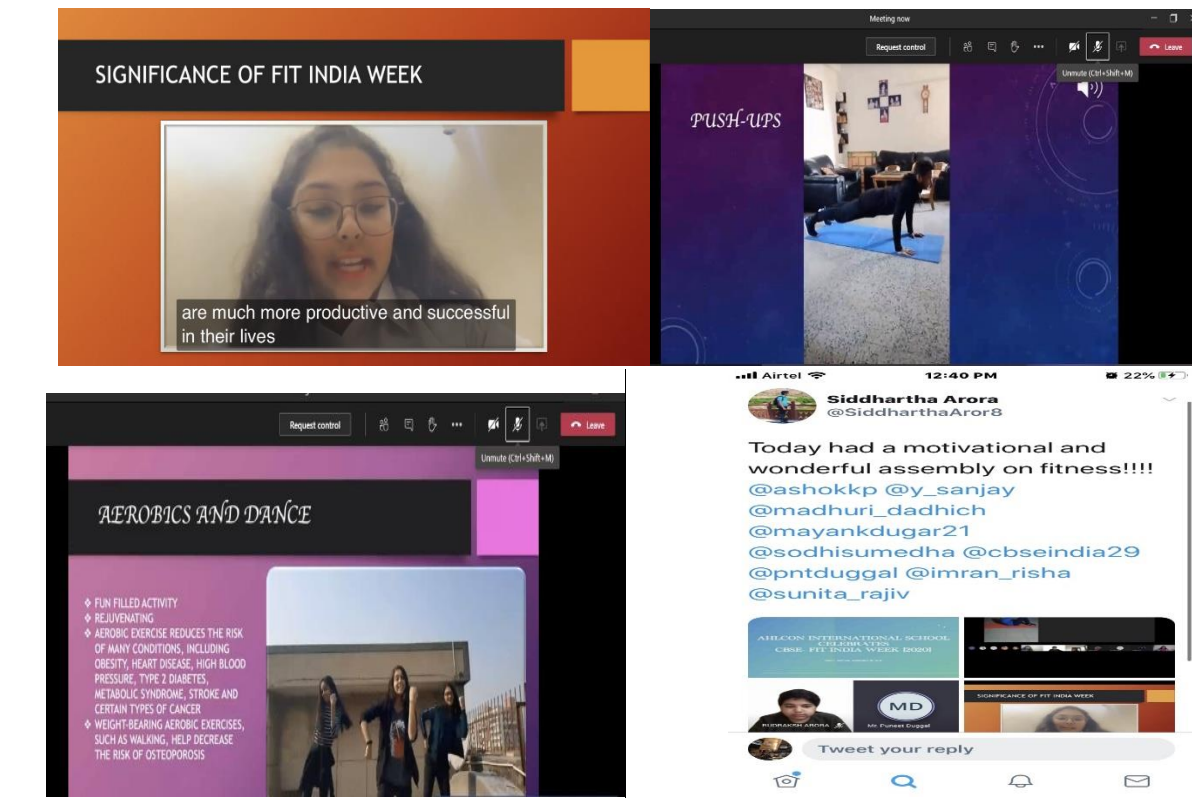
ASSEMBLY ON THE FIT INDIA WEEK

“Exercise should be regarded as a tribute to the heart.”

“Fit India Movement” was launched by Honourable Prime Minister, Mr. Narendra Modi on 29th August 2019, effective measures were introduced through various platforms which encouraged people of India to turn to an active lifestyle further leading to mental fitness. To strengthen this thought ‘Fit India School Week 2020’ was celebrated by Ahlcon International School.

This celebration started with the introductory virtual assembly on the theme ‘Fitness’, held on 4th December. Students of class IX – B presented it very creatively. In the virtual assembly, a video on the concept of fitness was shown.

The video showcased inspiring thought on fitness, the significance of being fit and exercise. The fun element was added where in videos of students performing various fitness exercises like dance, aerobics, skipping, shuttle running, push-ups, leg raises, squats, crunches and Surya Namaskar were added. Motivational speech by Ishita Srivastava was icing on the cake. Assembly was attended by Senior school Head Master Mr Puneet Duggal. He appreciated the efforts of the students and blessed everyone.



Day 2:

COMMON YOGA PROTOCOLS -LIVING THE VIBE AND THE FLOW

It has been rightly said in Bhagwat Gita that Yoga is the journey of the self, through the self, to the self. Its nature is to shine the light of awareness into the darkest corners of the body.”

A virtual assembly was presented by Class X-E on 7th December 2020. It aimed to encourage students to inculcate physical activity and sports in their everyday lives and daily routine, under the topic – common yoga protocols -Living the vibe

and flow. It was an informative assembly comprising an engaging video, a motivating thought, a few interesting memes and an insightful speech. The assembly was appreciated by Headmaster Senior School, Mr. Puneet Duggal and the entire teacher fraternity. All in all, it was a really informative and great virtual assembly, sending out a strong message that we have to engage with self and be a true yogi in today's world.



Day 3:

INTER HOUSE VIDEO ADVERTISEMENT COMPETITION **FIT INDIA WEEK CELEBRATION 2020**

The event aimed at giving the participants an opportunity to paint a healthier image of our country, and spread awareness about Health and fitness amongst their peers. The participants were supposed to prepare a video, where they were tasked to promote the importance of Health & fitness (both mental & physical),

and depict how it can contribute in the development of the country.

The entries from respective houses were received on 8th December 2020 and were then sent to the esteemed judges Ms. Sunanda and Ms. Monika Sisodia. All the entries were appreciated by the judges and it was a close call as far as the final result is concerned. The position was bagged by Prithvi house for their unparalleled efforts and hard work, the second position observed a tie between Agni House and Neer House, and the third position was bagged by Vayu House.

VIDEO LINKS

1. Agni

<https://drive.google.com/file/d/1QwXQMv9V-11mUyYHqqzAemXF0NLDqgLF/view?usp=sharing>

2. Neer

https://drive.google.com/file/d/1_omnE4BO_2tZLlv3Sh46QnS0Pf3x1ISq/view?usp=drivesdk

3. Prithvi

<https://drive.google.com/file/d/1ZLMocWdhIHirVhxFCGk7E9F-qhx0Jw5Y/view?usp=sharing>

4. Vayu

https://ahlon-my.sharepoint.com/:v/g/personal/5302_ishan_ahloninternational_in/EfUBML4tR-9DpVCiq0_Qc8ABdBNpoSf_VEbY38_zsqJ1dA?e=0ISggl

Day 4:

ESSAY WRITING /POETRY/PODCASTS /SHORT MOVIES ON

THEME:

‘MENTAL HEALTH’ AND ‘GET FIT, DON’T QUIT’

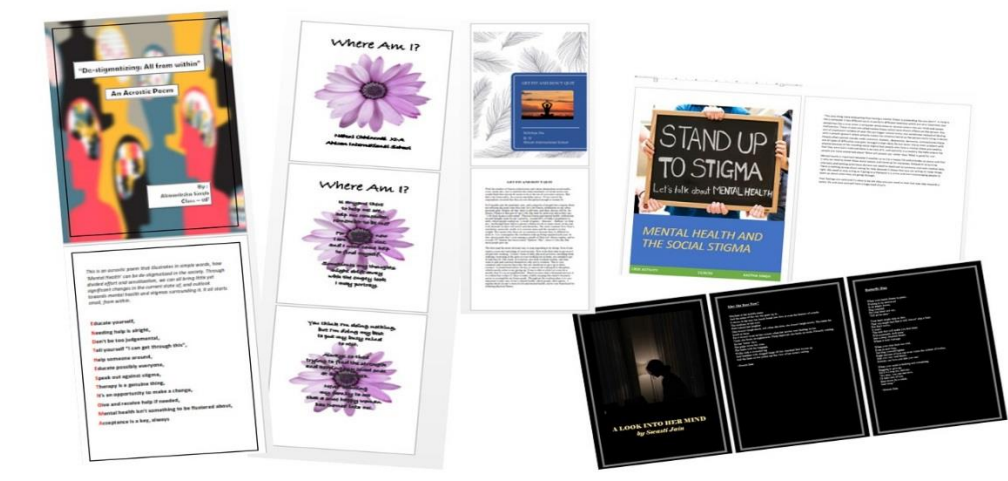
A brainchild of honorable PM, Sh. Narendra Modi, the Fit India Movement is yet another effort to involve citizens of the country to draw out a plan to make India, a fit nation. The basic tenet on which the Fit India Movement was envisaged, is to involve citizens to imbibe fun, easy, and non-expensive ways to remain fit, to bring about a behavioural change making fitness an imperative part of every

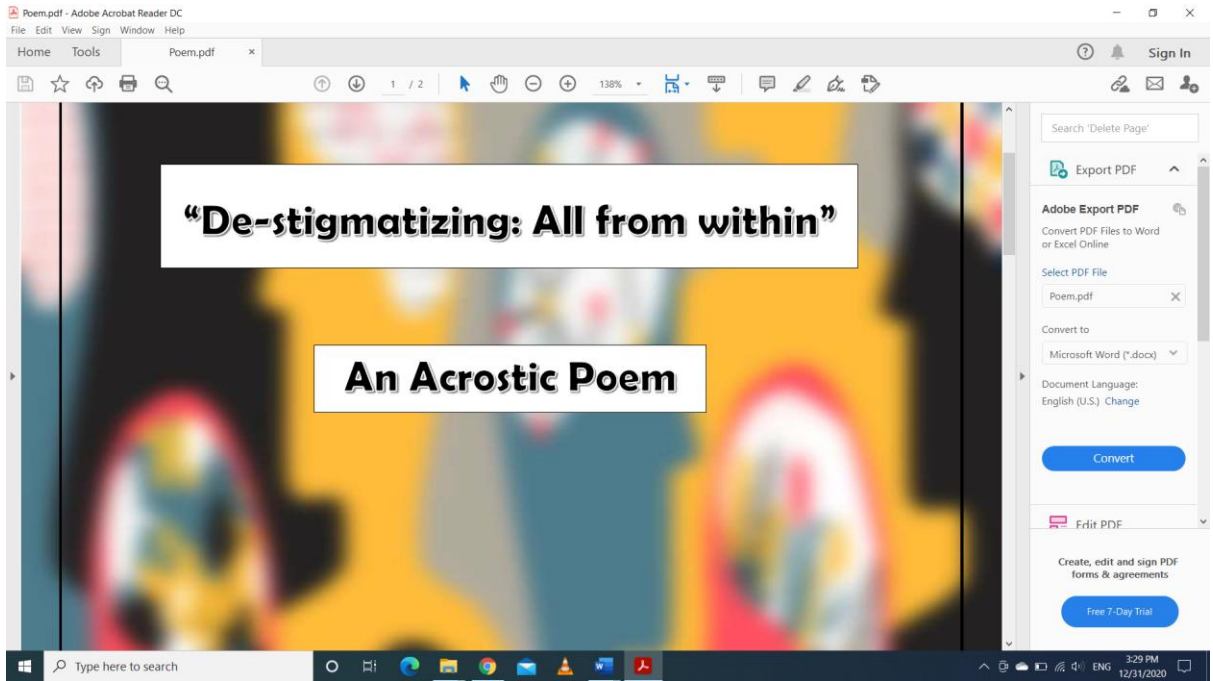
Indian's life. The movement touched new heights with the fervent participation of Ahlconites in a plethora of activities. **'Mental Health' and 'Get Fit, Don't Quit'** were the two themes that were given to the students of class XI and they were encouraged to submit essays, poetry, podcasts, short movies to share their views on the same. Through their work, students explained mental health to be a mentionable and manageable entity and emphasised on laying a stronger foundation that can further destigmatise the entire society. Through concerted efforts and sensitization, one can bring definite and significant changes in the current outlook of society towards mental health and combat stigma towards mental health. Students also shared their opinion on how the pandemic has paved the way to lethargy and unhealthy attitude in people. They emphasised on the importance of saying NO to unhealthy cravings and how to have an optimistic approach towards staying healthy. All in all, this was an engaging activity and the efforts of students were highly praised by the Headmaster and Principal.

Podcast Links -

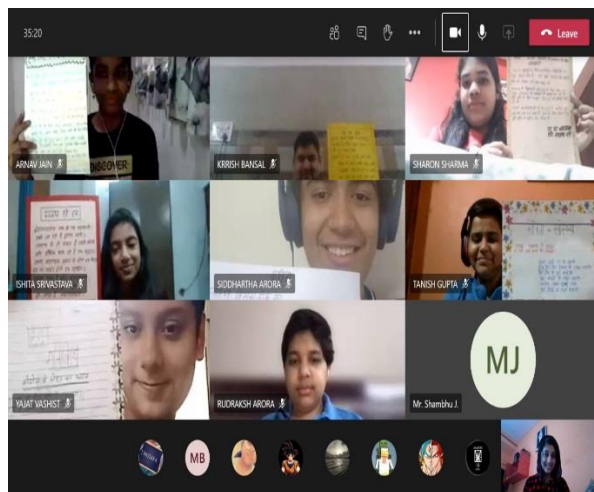
[podcast link 1](#)

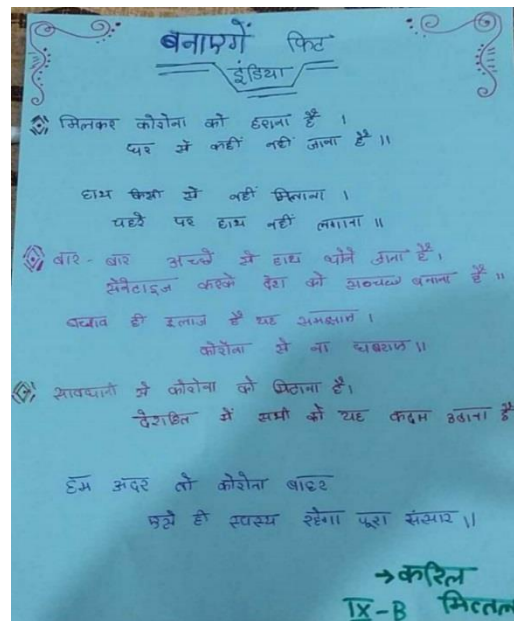
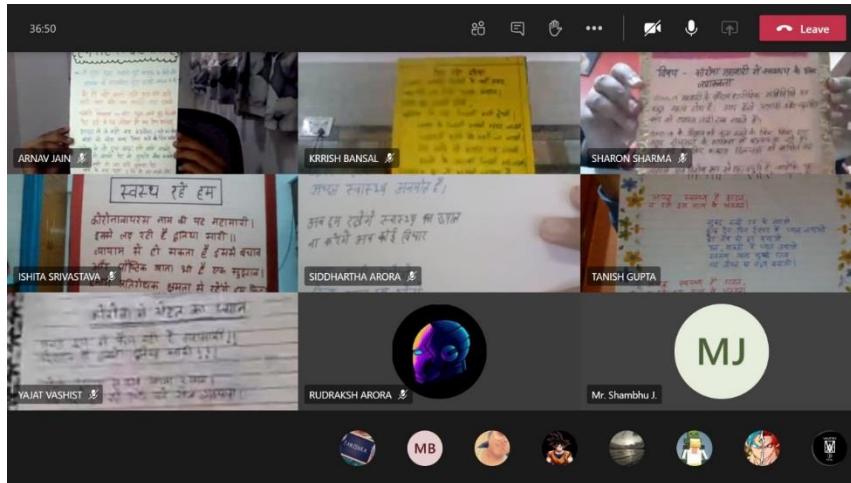
[podcast 2](#)





HINDI ESSAY WRITING /POETRY





Day 5:
FIT INDIA WEEK - Health and Fitness quiz
“A Sound mind in a Sound body”

In an attempt to promote fitness among school children, the Central Board of Secondary Education (CBSE) observes Fitness Week in the second and third week of November as a part of Fit India Movement. The prime objective of the initiative is to bring about a behavioural change in school children from spending “Passive Screen Time” to “Active Field Time”.

Ahlcon International School observed the extensive six-day programme aimed to address both physical and mental fitness needs of children. Indigenous games

from Tamil Nadu were included in the fitness regime of children. Health and Fitness quiz was conducted for our students on the 5th day of “Fitness Week Celebration”. The students from class 9th-12th actively participated and were able to get insights into Health and fitness facts through informative quiz. Students who scored more than 50% marks also received certificate for getting above 50% marks in the quiz.

Link for Quiz: <https://forms.gle/436x2Qv1CuFib1576>

