

## **Delhi Public School Vasant Kunj**

### **REPORT**

#### **Fit India Week Celebrations**

**(14 December – 19 December 2020)**

***“Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.”***

*A Healthy Body and a Healthy Mind* as the tagline of **“Fit India Movement”** justify and provide the much-needed propulsion towards not only just the physical fitness but mental fitness as well.

As part of its **‘Fit India Week Celebrations’**, DPS Vasant Kunj planned and organized a host of ***fun-filled virtual activities*** for its students, parents, teaching and non-teaching staff. A plethora of activities were held over a span of a week from 14 December – 18 December 2020. These interactive and interesting activities were organized both in the Junior as well in the Senior Wings of the school.

#### **1. Day 1 (Monday, 14<sup>th</sup> December 2020)**

Three virtual activities were conducted on Day 1 to launch pad the ‘Fit India Week Celebrations’.

##### **(a) Fun & Fitness – Dance/Aerobics**

Dancing is a complete body workout that’s actually a lot of fun as well as good for the heart. It makes us stronger and can help with balance and coordination. The controlled yet fluid movements of the Indian classical dance demand complete concentration and help calm our mind.

Due to the ongoing pandemic, this year **DPS, Vasant Kunj, Junior School** celebrated the second edition of Fit India Movement which was launched by our Honorable Prime Minister, **Mr. Narendra Modi** on **August 29, 2019**, through various dance forms on the virtual platform where two students, **Jisha Vaidya** of

**5E** and **Navika Neb of 4C** performed on two distinctive dance forms; Contemporary and Classical. Jisha Vaidya performed on a Contemporary style of dancing- **Tandav** and Navika Neb performed a Classical recital on **Bharatanatyam** on this special day.

Video Link-1: <https://youtu.be/A34SLEiIQmw>

Video Link-2: <https://youtu.be/7RdaKallsxc>

### **(b) Rope Skipping**

Skipping or jumping rope is a full body work out, so it burns more calories in a short time. For an average-sized person, jumping rope might even burn more than 10 calories per minute. Skipping tones our calves and tightens our core. It also improves lung capacity there by our stamina/endurance improves. Moreover, it does not require any specific area /ground or other facility. It can be practiced/ performed at home in a room or even in balcony. Different styles of skipping were demonstrated to the students by the PE teacher and by one of our student, who is a National champion in her age category.

### **(c) Corona Awareness Song by Delhi Public School Vasant Kunj**

The Music Department of the school also came up with a thought-provoking song, creating awareness amongst its students, parents and the community at large about the Do's and Don'ts of Corona virus. The video was warmly received and received a hearty response from everyone.

Video Link Here => <https://youtu.be/prGJXLMG-1A>

## **2. Day 2 (Tuesday, 15<sup>th</sup> December 2020)**

As part of this celebration, the following literary activities were organised in our school:

### **(a) Debate**

In order to engage the minds of the students in a productive manner debate was organised for classes IX and XI. The students were required to present a debate on the topic-“**Re-strengthening of the mind post pandemic**”.

This activity helped the students to get a fresh perspective on the post pandemic scenario and also made them understand the value and importance of sound mental health. The students participated in this activity with a lot of enthusiasm.

### **(b) Open Letter to the Youth of the Nation**

This activity was conducted for students of classes VIII, IX and XI. In this activity the students were required to write an open letter to the youth of the nation on the topic-**Power of Fitness**.

This activity was open to parents as well as all the staff members. The students participated in the activity with great zeal and fervor.

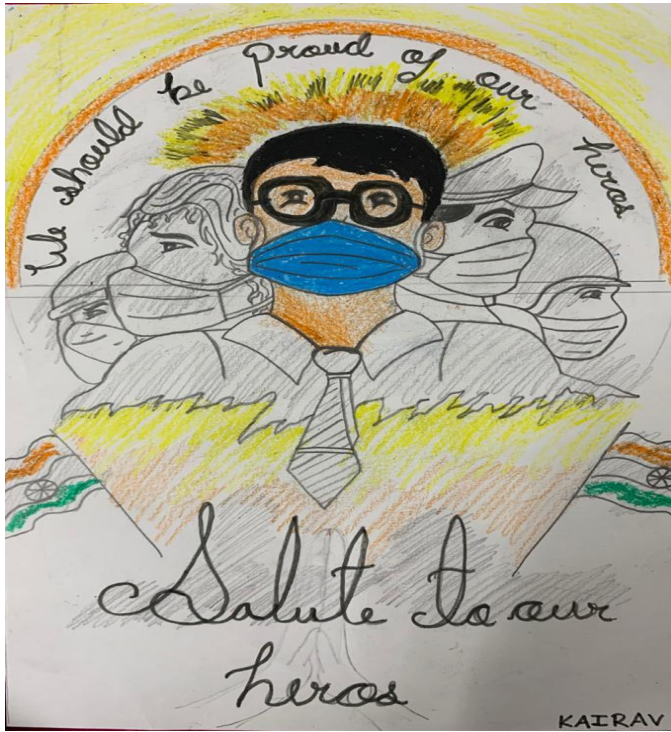
## **3. Day 3 (Wednesday, 16<sup>th</sup> December 2020)**

### **(a) Poster Making and Advertisements**

An Online Poster Making was held for Classes V to VIII. The topic was ‘Health and Fitness’. Students expressed themselves creatively and came up with some captivating posters. They drew some thought-provoking and insightful drawings.



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## (b) Rubik's Cube Activity

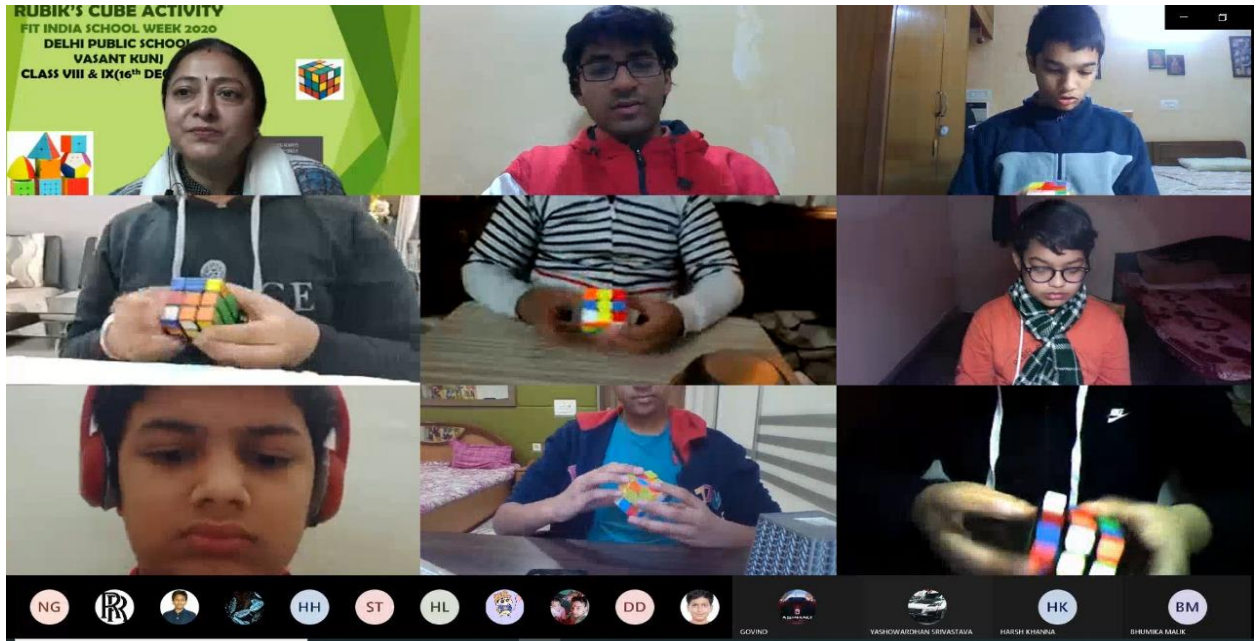
An Online Rubik's Cube Event was organized with great excitement for the students of classes VIII and IX as part of Fit India Week Celebrations.

The Rubik's Cube Activity was organized to encourage brain games and to improve concentration and problem solving capacity among students. It gave an opportunity to the budding cubers and enthusiasts to showcase their talent and to encourage students to explore speed cubing as a tool to stimulate their mind and motor skills. Our own alumni, Paarth Chhabra (Batch of 2019-20) helped in making the event a successful and enriching experience. The different strategies and roadmap required to solve a Rubik's cube were demonstrated by him. Some of the benefits of Rubik's cube highlighted during the event are listed as:

- a tool to achieve mental fitness
- improves memory
- cube solving improves problem-solving skills and enhances patience
- keeps mind active
- improves eye-hand coordination by improving fingers dexterity and agility.







### (c) Chess

Chess is a two player strategy board game played on a chess board, a checkered board with 64 squares arranged in an 8X8 grid. Playing chess improves concentration and memory .It enhances reading and math skill, even fosters logic, critical thinking and creativity. One of our students, who is a National player, Parth Arora Class XII, gave the demo about the movements of different pieces and students were asked to play with their sibling or any other family member.

## 4. Day 4 (Thursday, 17<sup>th</sup> December 2020)

### (a) Fitness Talk

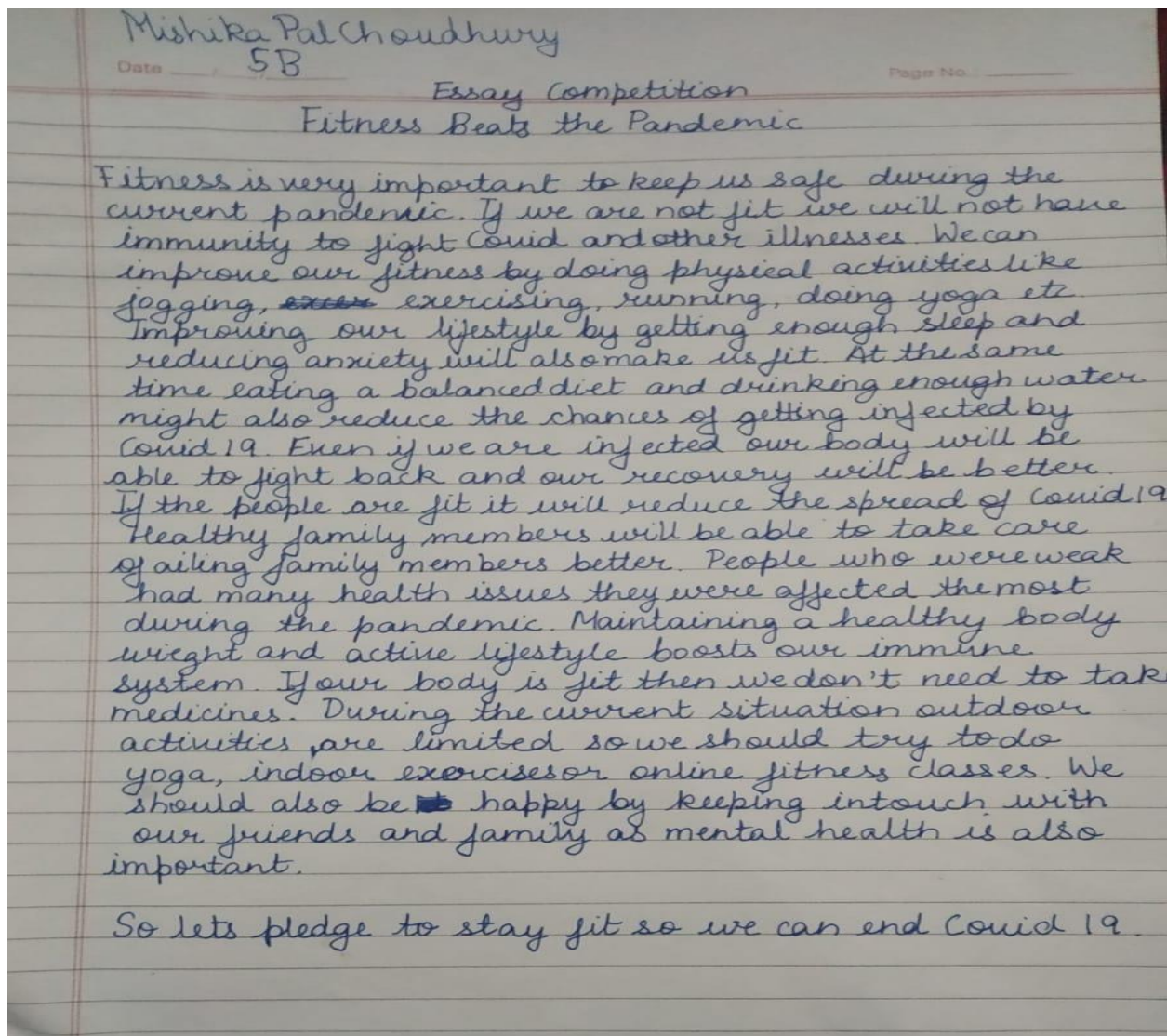
In Unlock 05 Phase, we all are resuming our responsibilities and ensuring that we live safely with the Corona virus still around us. The School Doctor, Dr. Manpreet Isser gave a highly informative talk on fitness and healthy lifestyle changes during the current global pandemic. This was in view of the campaign by the school to create awareness amongst its students, parent community and the staff.

VIDEO LINK HERE => <https://youtu.be/D3yYFnThSmo>

## (b) Essay Writing Competition

In continuation to the celebration of the "Fit India School Week" organized by the CBSE, an essay writing competition was held for the students of Class V on the fourth day of the 'Fit India Week Celebrations'.

The purpose of the competition was to instill a fitness regime in their daily lives. The topic for the competition was "Fitness Beats Pandemic". The competition had an overwhelming response wherein the students penned down their thoughts about the importance of physical activity in dealing with COVID-19 which has created turmoil worldwide.





## **5. Day 5 (Friday, 18<sup>th</sup> December 2020)**

### **(a) Online Sports Quiz**

An Online Sports Quiz was organized by DPS Vasant Kunj on occasion of "Fit India Week Celebrations" on day 5 of the 'Fit India Week'. The children from classes 6th and 8th participated in the quiz. There were objective type questions from the areas of Olympic Games, Cricket, Football, Basketball, Athletics, Chess, Ludo, Martial Arts etc. The quiz was followed with an interactive discussion with the students. The children showed immense enthusiasm and excitement during the quiz. They gained valuable information about a range of sports and related topics.

### **(b) Virtual Challenge for Students and Non-teaching Staff**

A ball juggling challenge of 'Step-Up' was arranged for students and for non-teaching staff of the school. For students, the objective of this challenge was to improve upon their coordinative ability and also to improve their leg strength and balance, whereas for non teaching staff emphasis was given on strengthening of lower body. They were asked to perform maximum number of step-ups. Strong bones, strong muscles and flexible joints form the "Iron Triangle" that carries the most important load of human body.

Video Link : <https://youtu.be/YMiseXplk6U>

## **6. Day 6 (Saturday, 19<sup>th</sup> December 2020)**

### **Physical Exercises**

To take this mission forward, the school organized some fitness exercises also which endeavored to alter the behavior of children from "*Passive Screen Time*" to "*Active Field Time*" and to develop Sports Quotient among all students to achieve a healthy lifestyle.

The young learners creatively used home based equipments to show various physical activities and share the videos. The students enthusiastically participated and the event was a great success.

Video Link : <https://youtu.be/SIfTMrK9KzA>