

FIT INDIA SCHOOL WEEK CELEBRATED

Celebration of staying fit through sports and physical Education that aimed to encourage the youngsters and students to include sports and physical activity in their daily routine; St. Montfort School, Bhopal organised Fitness Week in the third week of November 2019 wherein whole school actively participated as part of 'Fit India Movement' in its school campus.

Taking the mission forward and following the CBSE guidelines, the school had participated in this first-of-its-kind endeavour and had devoted six working days which aimed to alter students' behaviour from 'Passive Screen time' to 'Active Field time' and also to develop Sports Quotient among all the students to achieve a healthy lifestyle.

Activities undertaken during Fitness Week saw the day beginning with yoga exercises and various activities of fitness and nutrition, while other days witnessed free hand exercises and mental fitness activities like debates and lectures. Physical activities like dance, aerobics, gardening, martial arts were also planned for the week, with students even been encouraged to take part in poem writing competitions on the theme of "Fit India School". The Week finally ended with a competition for students in traditional games to celebrate unity in diversity of India.