

**Vidya Pratishthan's**  
**Indapur English Medium School Indapur ( CBSE )**  
**Virtual Activities for Fit India School Week Celebration 2020**

<b>Date</b>	<b>Activity</b>	<b>Std.</b>	<b>Time</b>	<b>Incharge Tr.</b>
07-12-2020 Monday	Virtual Assembly Freehand exercises ,Rope Skipping,Zig zag running, Fit India capsule for simple exercises	I&II	9.30 to 10.00	Mr. Pawar & Mr. Barde
08-12-2020 Tuesday	Assembly - Common Yoga Protocol	III&IV	9.30 to 10.15	Mr. Pawar & Mr. Barde
	Mental Fitness activity for students. Staff and parents			Mr. Salunkhe
	Open letter to youth of the nation on " Power of fitness"	IX		Mrs. Malshikare
09-12-2020 Wednesday	Brain game activity to improve concentration .	V & VI	9.30 to 10.00	Mr. Salunkhe
	Poster making competition. 1) Hum fit to India Fit 2) New India Fit India.			Mr. Vavare & Mr. Naykude
10-12-2020 Thursday	Lecture about diet & Nutrition during pandemic for student / staff and parents by Dr. Dhiraj Kadage (M.D.Pd.Mumbai)	VI to VIII	10.00 to 10.45	Mr. Chavan
	Essay / Poem writing competition on "Fitnes beats Pandemic"	VIII to X		Mrs. Bhamare & Mrs. Pawar R.
11-12-2020 Friday	Virtual challenges 1) Squats challenge 2) Spot jumping 3) Rope Skipping	VIII	9.30 to 10.15	Mr. Pawar & Mr. Barde
	Motivational speakers for students, Parents and staff by Mr. Zol sir.	VII& VIII	11.00 to 11.45	
	Fitness sessions at home for students and parents.	I to V	9.30 to 10.00	
12-12-2020 Saturday	Creatively using homebased equipment for sports & Fitness	I to X		

**Principal**