



FIT INDIA MOVEMENT YEARLY CALENDER (2022 -23)



KENDRIYA VIDYALAYA BHURKUNDA

MARCH - APRIL

- FITNESS ASSESSMENT BY TEACHERS AND PARENTS ON MOBILE APP.
- FIT INDIA QUIZ ON APP (AUDIENCE)
- "FITNESS KA DOSE AADHA GHANTA ROZ" YOGA, EXERCISE, GAME, DANCE

MAY

- LEARN COMMON YOGA PROTOCOLS THROUGH MOBILE APP.
- MIND GAMES (CHESS, SUDOKU, PUZZLE ETC.)
- YOGA, STRETCHING, EXERCISE IN MORNING ASSEMBLY.

JUNE

- YOGA ON PATRIOTIC SONGS AND SHARE STORIES ON MOBILE APP.
- PRANAYAM, MEDITATION AND MINDFULNESS ACTIVITIES.
- 21 JUNE -CELEBRATION OF YOGA DAY

JULY

- KHELO INDIA NATIONAL FITNESS PROGRAMME THROUGH APP.
- LEARN INDIGINIOUS/TRADITIONAL GAMES THROUGH APP.
- "HUMARI SANSKRITI SE FITNESS" TRADITIONAL /INDIGINIOUS GAMES

AUGUST

- FIT INDIA FREEDOM RUN BY REGISTRING ON FIT INDIA MOBILE APP.
- SHARE YOUR RUN AND CHALLENGE OTHERS ON FIT INDIA APP.
- FREEDOM RUN START WITH PATRIOTIC SONGS/STORIES

SEPTEMBER

- ROLE- PLAY ON HISTORIC EVENTS.
- STORIES/TALK ON FREEDOM FIGHTERS
- ESSAY WRITING COMPITION ON FREEDOM FIGHTERS AND STRUGGLE.

OCTOBER

- FIT INDIA PLOGGING RUN ON MOBILE APP AND SHARE YOUR STORIES ON APP.
- PLAYS, RALLIES ON SWACHTA, AHINSA AND OTHER VALUES OF MAHATAMA GANDHI.
- SWACHHTA AND WATER SAVING PLEDGE.

NOVEMBER -DECEMBER

- INTER & INTRA SCHOOLS COMPETITIONS AND MOTIVATIONAL TALKS
- KHELO INDIA NATIONAL FITNESS PROGRAM FOR SCHOOLS AND THEIR ASSESSMENT THROUGH APP

JANUARY - FEBRUARY

- KHELO INDIA NATIONAL FITNESS PROGRAME AND THEIR ASSESSMENT THROUGH APP
- FIT INDIA QUIZ ON APP (AUDIENCE)
- COLLAGE & POSTER MAKING COMPETITION ON HEALTHY FOOD HABBITS AND FITNESS ACTIVITY.