



**GOVT. MODEL SR SEC SCHOOL SECTOR-44 B,
CHANDIGARH (160047)**

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FIT INDIA MOVEMENT

REPORT (APRIL,2022)

ACTIVITIES CONDUCTED DURING THE MONTH OF APRIL,2022

A healthy Individual, a healthy family and a healthy society are the essentials to make New India a Fit India. **“Swasth vyakti, swasth parivar aur swasth samaj, yahi naye Bharat ko Shrestha Bharat banana ka raasta hai.**

FIT INDIA MOVEMENT launched by honourable Prime Minister, is a fine step for creating healthy and active India. Under the fitness ka dose aadha ghanta roz, doing physical activities every day for half hour, daily schedule is religiously followed.

Every class and all students are part of these daily activities. The focus is on Healthy body, healthy minds. Students run, do yoga play games and do warm up exercise every day.

Fit India mobile has been downloaded by students, parents and teachers and have participated in online quiz.

All staff members and students of the school are involved in the endeavour.









GMSSS 44B YOGA ACTIVITY

