

## *Fit India Week October 2020*

*“Yoga is the stilling of the changing states of the mind.”----- Patanjali*



To aware the students regarding the health and fitness and in continuation with the Fit India Movement launched by the Hon. Prime Minister Shri Narendra Modi, fit India week was organized by physical education department from 19<sup>th</sup> to 23<sup>rd</sup> of October 2020 with the theme of “Karo Yog Raho Nirog” for the classes VI to X during their respective physical education periods.

This event aimed to encourage the children to do yoga at home with their family members. Under this initiative, parents were requested to encourage their wards to do yoga every day for at least thirty minutes. For this event, videos of yogic asanas (sitting, standing and lying), pranayama and meditation were shared with the children through their class Whatsapp groups. These five days of fit India week were full of practice, learning and understanding. Children of all classes actively and wholeheartedly participated in it.

**Day 1: Standing Asanas**



**Day 2: Sitting Asanas**



**Day 3: Lying Asanas**



**Day 4: Pranayama**



**Day 5: Meditation**



*Yoga is the journey of the self, through the self, to the self.”  
— The Bhagavad Gita*

**“Stay Healthy Stay Safe”**