



ITL PUBLIC SCHOOL
Circular

15 November , 2019

***Fit India Movement , celebration of lifeat ITL Public School ...a shift from Passive Screen
Time to Active Field Time ...!***

Dear Parent

Fitness is part of our historic legacy .For any society or nation to progress, it's important that the citizens are physically fit . Fit children are able to handle day to day physical and emotional challenges. However, for a holistic and intrinsically healthy life style , awareness and support for fitness movement is more essential than ever.

Our honorable Prime Minister has launched nation- wide” ***Fit India Movement***” aiming to encourage people to inculcate physical activity and sports in their daily routine. According to him only a fit person, fit family and a fit society will pave way for a great and new India . To take this mission forward, ITL Public School has decided to actively participate in this movement through a series of activities stated below :

- Lecture by Sports Psychologist
- Orientation session on Sports Diet & dealing with Sports Injury
- Workshop by faculty of ISH (Indian School of Hospitality) on DIET & NUTRITION
- Yoga for all – training by ISHA Foundation
- Parent as Partners in Fitness – Yoga session by Mr Anil Mudgil

- Poster Making Activity on the theme – ***Fit Body ... Fit Mind ... Fit Environment***
- Archery Training Camp (indigenous game of our partner state –Sikkim)
- Revival of indigenous games of India – game sessions on Rumaal Chori ; Pithoo ; Kabbadi ; Kho Kho ; Hop Skotch : Chor Sipahi ; Rassikud ; Panja Kushti etc.
- Interaction with Paralympic Player Varun Bhatti
- ***Career in Sports*** – a counseling session with Mr Mukesh Kohli (Management & Education Consultant)
- Nukkad Natak on the theme - ‘ ***Ek Kadam Swasth Jeevan Ki Ore***’
- Aerobics , Martial Arts & Free Hand Exercise for all

We invite parents & grandparents to support us & participate wholeheartedly as stakeholders in this national guideline for enhancing physical activities among individuals, solely aiming to create a Fit & Healthy ITL Family .

Looking forward to your participation as ever!


15-11-19

Principal