

FIT INDIA SCHOOL WEEK CELEBRATION

Christ academy CBSE school has organized Fit India school week on 14th December to 18th December 2020. Some of the activities for this event were aerobic exercises, Yoga, Rope skipping, family fun fitness, sports talent show ,essay writing and poem writing. Around 250+ parents, teachers and students participated on this event.

FIT INDIA  **CHRIST ACADEMY**

FIT INDIA SCHOOL WEEK
14th DECEMBER TO 18th DECEMBER 2020
Students, parents and teachers of Christ Academy. Come, Participate.

Rhythmic aerobic exercise

Connect your mind and body by performing Yoga

Essay/Poem Writing competition on theme "Fitness beats pandemic".

Showcase your special talent in sports

Rope skipping challenge

Enjoy fun fitness challenges

Each new day is a new opportunity to improve yourself, Take it and make the most of it.



CERTIFICATE

OF RECOGNITION

Congratulations to

CHRIST ACADEMY CBSE SCHOOL

for Successfully organizing the
FIT INDIA SCHOOL WEEK-2020 | 14th Dec - 18th Dec







Fit India School Work



POEM:- Fitness beats pandemic

In this COVID pandemic,
 let us all stick
 the boxes of precaution we need to take,
 that gets us through this like a piece of cake.

During this microbial rule, the one who is fit,
 is the one with gift.
 So let's face this united
 and keep ourselves ignited

Both physically and mentally,
 as this too shall pass.
 Munch on your energy bars
 and get going with the squats

As it is known that fitness has its own reason
 to that which the pandemic fears.
 If you've this achieved,
 the pandemic has been averted.


Student signature

Parent signature

By Alan John Ts