



Fit India Movement

Fit India Movement is a nation-wide movement in India to encourage people to remain healthy by inculcating physical activities and sports in their everyday lives and daily routine. It was launched by Prime Minister Shri Narendra Modi on 29 August, 2019 at Indira Gandhi Stadium. The main objective of this movement is to make fitness an essential part of every Indian's life. A healthy mind resides in a healthy body, if our students are healthy then they will think better, a good environment will be created and the country will also be able to walk fast on the path of development. School is the first place where habits are formed. As per direction of GOI, Samagra Shiksha conducted various online activities in all schools of Himachal Pradesh during COVID-19 lockdown like-Registration of schools for fit India Movement, Lighting of candles and Diyas, One line Active Day live sessions in collaboration with CBSE and Fit India cell, Yoga day celebration, Fit India Freedom Run and FIT India School Week celebration, Yoga, Meditation, Free hand Exercises, Pranayama, Breathing Exercises, Surya namaskar, Walking, Running, Aerobics, Jogging, Dance & Games etc. at Home during Covid-19 Lockdown for holistic wellbeing of students. FIT India School Week celebrated in December, 2020 & January, 2021 and around 6135 schools and 4, 14,907 students participated in FIT India School week celebration. An Appreciation letter received from Mission director Ms Ekta Vishnoi, I R A. Sports Authority of India. All students, teachers, staff and other stakeholders participated in the event.

Photographs of activities conducted for Fit India Movement





CELEBRATION OF KARGIL DIVAS AND PLANTATION