



Day 1: Virtual Morning Assembly Free Hand Exercise, Aerobics & Dance

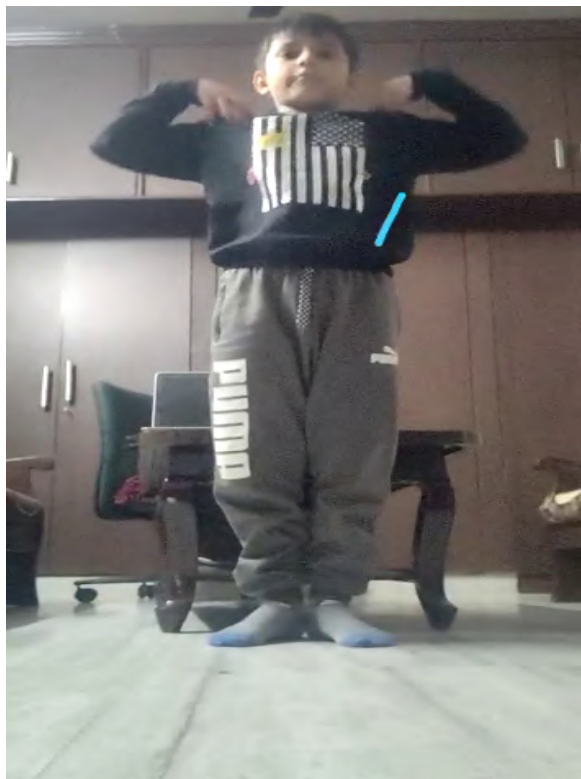
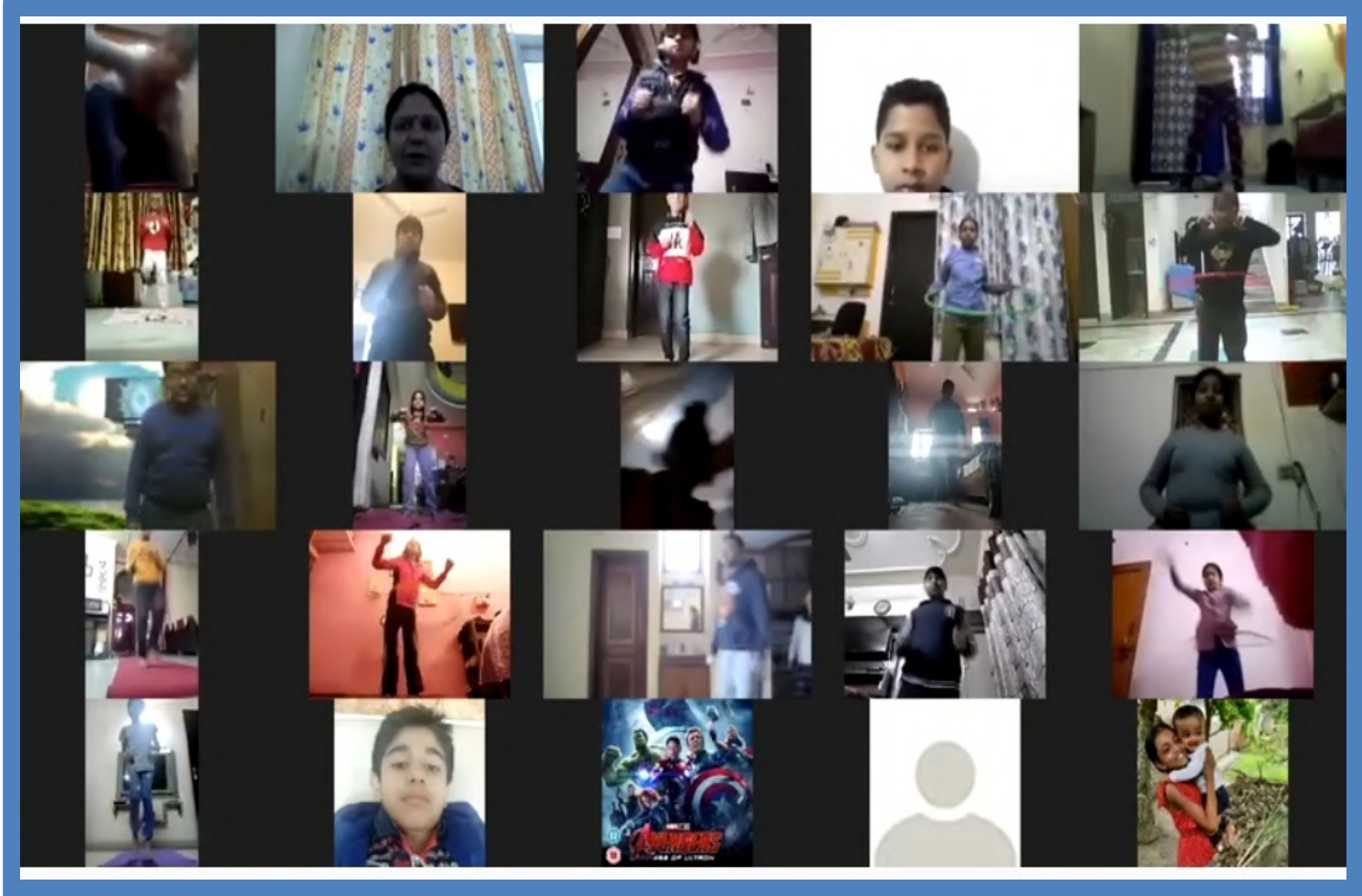
Conducted on 21 December, 2020

Physical fitness is not only most important key to a healthy body, it is basis to be dynamic, creative and intellectual person The Fit India Movement is an ambitious initiative introduced by our honorable Prime Minister Shri Narendra Modi Ji. It is People's Movement and School Students are the *Best Ambassador to carry forward the legacy of an active lifestyle. An attempt to promote fitness in young Sumerian "Fit India School Week" is being organized at Sumermal Jain Public School from 21st December to 27th December 2020. The prime objective is to inculcate the habit of exercise and sports in their daily routine. A sound mind resides only in a sound body An old saying emphasizes that we must aim to teach our children the importance of physical health. Students of Classes III to VIII performed various free hand exercises like stretching, breathing, bending, standing and sitting drills with help of **Sports & Activity Department**. These exercises help in improving stamina, flexibility and energy levels. At the same time it increases their concentration enhances self-esteem and confidence. Little learners enjoyed the free hand exercise sessions and felt energetic. It also acts as a boost for mind activation and team spirit. As we all know that our little ones are at home with limited physical activity still, our Sports teachers ensure that they do practice of these exercises at home daily and remain healthy and have strong immunity. Let's move ahead for Healthy friends, healthy family and healthy India. We pay our heartfelt gratitude to Vice Chairman, Principal Ma'am & Vice Principal for their guidance and motivation for strive us to do better.

Regards

Dinesh Kumar

HOD Physical Education





DAY 2: Virtual Morning Assembly (YOGA)

Sumermal Jain Public School believes in an overall development of a child physically, emotionally and mentally and promotes a healthy mind and a healthy body. Our chairman,

Mr. K.L. Jain, vice chairman, Ms. Sonali Jain, principal Dr. Racchana Suddi, vice principal

Mr. Arunachalam and Ms. Sangeeta Anand is always looking forward to a positive, enriching and nourishing environment amongst the students. As our honorable prime minister

Mr. Narendra Modi conveyed to the mass, **“Yoga is good for the community, immunity and unity”**, our school’s higher authorities left no stone unturned and organised online workshops and online Yoga classes where equal importance was given to Yoga subject as well as other academic subjects in this COVID-19 pandemic situation. Some important Asanas were regularly practised during the lockdown by all the students such as Surya-namaskar; is essentially a holistic yoga sequence for creating health and vitality in the body, Padmasana, Vajrasana, and various postures like forward bending, backward bending, lying on one’s stomach, lying on one’s back, balancing, meditation, Pranayama. Asanas which when practised and performed daily under the lockdown such as Pranayama; which helps one in the intake of oxygen and improves the functioning of lungs and endurance, Vrikshasana, Tadasana, Bhujangasana, Parvatasana, Halasana not only improved students’ concentration and memory span, self-esteem, body awareness, mindfulness, strength and flexibility but also helped them to manage anxiety. Yoga has come to everyone’s rescue in this COVID-19 pandemic situation; all thanks to our school’s vision.

Regards

Shashirekha Naidu

Yoga Teacher





**Day 2 Debate, Symposium and Lectures on ' Re Strengthening of the Mind Post Pandemic
Conducted on 22nd December 2020**

As human beings we all share the same sorrows, the same hopes and the same potential. The COVID-19 pandemic has reminded us how interdependent we are -what happens to one person can soon affect many others, even on the far side of our planet. The pandemic has ruptured work for millions of people across the globe, leading to a painful period of uncertainty and anxiety. Being able to work is central to many aspects of life- survival, capacity to contribute , achieve social connections and self determination .Confinement to homes ,loss of work and social connections during the COVID-19 pandemic has developed stress and anxiety. Going forward in the new post pandemic environment would require a huge shift in mindset ,both social and emotional. To stress on the need to develop a healthy mindset post pandemic, the English language Hindi language teachers of classes 4th to 12th conducted a symposium and debate in the online classes to discuss the Need and Ways to Strengthen our Minds Post Pandemic .They also lectured the students on the topic .The students participated in the activities with great enthusiasm . Some of them came out with extremely interesting and useful ways to keep our minds strong .'BEING POSITIVE' was a phrase which was often heard during the discussions in almost all the classes. The students displayed great sensitivity and maturity in the discussion conducted in the class.

AKSHITA SHREE

XI-C

ROLL NO. 4

POWER OF FITNESS

We know quite well that "a sound mind lives only in a sound body." For a sound body, it is essential to be fit. It not only saves time and money but also keep a person away from diseases. Thus, fitness has a great power to enable people live a long life. It is the power of fitness that the Prime Minister of India has launched the 'Fit India Movement' on 29th August 2019. with a view to make physical fitness a way of life. It is a movement to take the nation on a path of fitness and wellness.

Power of fitness is seen in people now-a-days as they are adopting ways of becoming fit by practicing yoga, exercises, etc. In the times of Covid-19, fitness had become an ever more important aspect of life. It is the fitness of the people that they have been able to defeat the virus, as there is no medicine or vaccine available at the present time. Hence; individuals and organizations should undertake various efforts for their fitness and wellbeing as well as health of fellow Indians as fitness makes us less prone to chronic diseases.

ESSAY WRITING

POWER OF FITNESS

We have always heard the word 'health' and 'fitness' we use it ourselves when we say phrases like 'health is wealth' & 'fitness is the key'. What does the word health really mean? It implies the idea of 'being well' we call a person healthy and fit when he/she function well physically as well as mentally.

In such places, even our physical environment affects our health. Therefore, our social responsibility of pollution-free environment directly affects our health. our day-to-day habits also determine our fitness level. The quality of food, air, water all helps in building our fitness level.

The first thing about where fitness starts is food. We should take nutritious food. Food rich in protein, vitamins, minerals, and carbohydrates is very essential. Protein is necessary for body growth. Carbohydrates provide the required energy in performing various tasks. Vitamins & minerals help in building bones & boosting our immune system.

Routine exercise helps improve our muscle power. Exercise helps in good oxygen supply & blood flow throughout the body. Heart & lungs work efficiently. our bones get strong.

Neelstar®

Teacher's Signature

and joints have the pain free movement

We ~~have~~ should daily spend at least twenty minutes in our exercise. Daily morning walk improves our fitness level. We should avoid strenuous gym activities. Exercise burn our fat & controls the cholesterol level in the body. Various outdoor games like cricket, football, volleyball, etc. keeps our body fit. Regular exercise maintains our body shape.

ESSAY ON POWER OF FITNESS.

We have always heard the word 'health' and 'fitness'. We use it ourselves when we say phrases like 'health is wealth' and 'fitness is the key'. What does the word 'health' really mean? It implies the idea of 'being well'. We call a person healthy and fit when he/she functions well physically as well as mentally.

: Factors Affecting our Health and Fitness -

Good health and fitness is not something which one can achieve entirely on our own. It depends on their physical environment and the quality of food intake. We live in villages, towns, and cities.

In such places, even our physical environment affects our health. Therefore, our social responsibility of pollution-free environment affects our health. Our day-to-day habits also determine our fitness level. The quality of food, air, water all helps in building our fitness level.

: Role of Nutritious Diet on our Health and Fitness -

The first thing about where fitness starts is food. We should take nutritious food. Food rich in proteins, vitamins, minerals and carbohydrates provide the required energy in performing various tasks. Vitamin and minerals help in building bones and boosting our immune system.

However, taking food in uneven quantity is not good for the body. Taking essential nutrients in adequate amount is called a balanced diet. Taking a balanced diet keep body and mind strong and healthy. Good food helps in better sleep, proper brain functioning and healthy body weight.

Day 3-23 December 2020

FIT INDIA MOVEMENT was all about colours and creativity.

The Art Department of SMJPS organized

A POSTER MAKING COMPETITION & BRAIN GAMES to improve concentration for students of classes 4 to 10 ONLINE.

This was received with great enthusiasm by not only the children but also their parents and in some instances by their grandparents too!

The TOPIC: 'HUM FIT ' TO INDIA FIT ' was expressed in a variety of styles and the ideas that coloured the sheets were indeed a welcome break from the daily routine of ONLINE CLASSES!!

ART WORK OF THE CHILDREN



चतुर्थ दिवस, 24 दिसंबर, 2020

महामारी के दौरान स्वास्थ्य की रक्षा

स्वस्थ शरीर में ही स्वस्थ मस्तिष्क का निवास होता है और एक स्वस्थ मस्तिष्क ही अपने परिवेश, समाज और देश की उन्नति के लिए विकासात्मक कार्यों में योगदान दे सकता है -- इसी उद्देश्य को ध्यान में रखते हुए माननीय प्रधानमंत्री श्री नरेंद्र मोदी जी ने विद्यालयों में गत वर्ष 29 अगस्त 2019 को 'फिट इंडिया स्कूल वीक' अभियान को आयोजित करने का शुभारंभ किया।

इस आयोजन के अंतर्गत सीबीएसई की ओर से सभी विद्यालयों में एक परिपत्र भेजा गया, जिसका लक्ष्य सभी विद्यार्थियों एवं अभिभावकों को शारीरिक गतिविधियों के प्रति प्रोत्साहित करना है। इस अभियान के अंतर्गत सीबीएसई द्वारा गत वर्ष नवंबर माह में फिट इंडिया स्कूल वीक का आयोजन किया गया था और अब इसी के दूसरे चरण के रूप में इस वर्ष दिसंबर माह में 21 दिसंबर से 27 दिसंबर तक यह 'फिट इंडिया स्कूल वीक' मनाया जा रहा है।

फिटनेस अर्थात शारीरिक स्फूर्ति। वर्तमान समय में इसका महत्व और भी अधिक बढ़ जाता है जब न केवल एक जाति, न केवल एक देश अपितु समूचा विश्व कोरोना जैसी भयंकर महामारी से जूझ रहा है। वैश्विक स्तर पर समस्त मानव जाति को अपने शिकंजे में कसती इस महामारी से यदि लड़ा जा सकता है तो वह शस्त्र है केवल शारीरिक स्फूर्ति।

सुमेरमल जैन पब्लिक स्कूल के छात्रों तथा उनके अभिभावकों में फिटनेस के प्रति जागरूकता लाने के लिए इस अभियान से संबंधित कुछ गतिविधियाँ चतुर्थ दिवस, 24 दिसंबर, 2020, को करवाई गयी हैं, जिसके विषय हैं "महामारी के दौरान पोषण" तथा "फिट इंडिया"। इनके अंतर्गत निबंध लेखन, फिटनेस की प्रेरणा देते हुए छात्रों के वीडियो तथा कविता वाचन आदि शामिल हैं।

छात्रों ने इन गतिविधियों में बढ़ चढ़कर भाग लिया तथा अपने-अपने घरों में ही रहते हुए सीमित साधनों द्वारा फिटनेस को शारीरिक रूप से अपना कर इस अभियान की सफलता हेतु अपना योगदान दिया। कोरोना जैसी महामारी को जड़ से समाप्त करने के लिए इस अभियान की सार्थकता पूर्णतया सिद्ध है। विद्यालय की माननीया प्रधानाचार्या, उप प्रधानाचार्य जी एवं विभिन्न स्तरों पर अध्यापकों का मार्गदर्शन अत्यंत सराहनीय है। आइए, हम सब भी एकजुट होकर 'फिट इंडिया स्कूल वीक' द्वारा अपने परिवार, अपने संबंधियों में जागरूकता फैलाएँ तथा प्रधानमंत्री माननीय श्री नरेंद्र मोदी जी के इस अभियान की सफलता की उड़ान में उनका सहयोग करें।

FITNESS BEATS PANDEMIC

Exercise is especially important now because it can reduce stress, prevent weight gain, boost the immune system and improve sleep.

You can safely engage in physical activity by exercising with family, getting outdoors, using online fitness resource, taking a virtual class.

Most adults are aware of the physical activity and mental health benefits of exercise and understand the importance of engaging in physical activities.

As the United States copes with new corona virus COVID-19, pandemic, business closure, social distancing, and changes in every schedule are disrupting just about every aspect of ordinary life.

Fitness Beats Pandemic

Exercise is especially important now because it can reduce stress, prevent weight gain, boost the immune system, and improve sleep. You can safely engage in physical activity by exercising with family, getting outdoors, using online fitness resources, taking a virtual class, setting exercise goals, and doing calorie-burning chores. Most adults are well aware of the physical and mental health benefits of exercise and understand the importance of engaging in some form of regular physical activity. As the United States copes with new coronavirus, COVID-19, pandemic, business closures, social distancing, and changes in everyday schedules are disrupting just about every aspect of ordinary life - and exercise routines are no exception. Although it might be tempting to skip your workout during these challenging times, public health officials say that exercise - while undoubtedly crucial under normal circumstances, it's essential to our physical health and mental well-being during the COVID-19 pandemic.

Date: _____
Page No: _____

Name → Sanya Patel
Class → XI-C
Roll No → 110332

TOPIC: Fitness Beats Pandemic.

Today world is full of chaos. Everyone is filled with frustration. Covid-19 has changed everything, including daily routine of people. Covid-19 has become trouble of ~~the~~ world making it worsened. Coronavirus has made us sit in our home, all quarantined. During these crisis situation we have been concerned about our personal well-being fitness not only the body but the mind too. Mind or mental health is very vital and should be taken care of. Why we should prioritize fitness of mind and body? Quite simple because we have to. Physical and mental well-being are tremendously dated right now. The benefits of keeping ourselves healthy and fit are no secret. Improvements in heart diseases, lung diseases are always being improved and controlled by staying fit and healthy. Mental health being an important issue these days should be taken care. We should grasp least negative stuff in so negative situation. Meditation and yoga are the most simple yet powerful ways of keeping mental health good. It is important to keep ourselves maintained and healthy thus beating pandemic.



Mehak Gupta
XI-C

Date: _____
Page No: _____

FITNESS BEATS PANDEMIC

Today the world is full of chaos. Everyone is filled with frustration. Covid-19 has changed everything and become the trouble maker affecting millions. During this crisis situation we have been concerned about our personal well-being fitness of not only the body but the mind too is very vital and must be taken care of every time.

A robust immunity can fight against the fatal virus or reduce the detrimental effects of it. A nutritious and wholesome meal might not build a strong resistance but along with it proper physical exercise will give holistic growth to one's immunity. Personal fitness we need to maintain that fitness now more than ever. Keeping fit and healthy will be the most important thing you do for yourself.

Staying healthy will help to stay strong and what's up the possibility of chronic physically active individuals usually live longer than those who are inactive. This is the time for us to spend with family and doing yoga meditation exercise and eating healthy food help to fit. There is a lot of time for us and we can be fit in this time. If we are not fit then we can't stay away from disease. It is important to be fit and safe to be happy in nature to be fit every time.

महामारी के दौरान आहार और पोषण

कोरोना वायरस महामारी एक वैश्विक महामारी है। इस सदी की यह सबसे बड़ा वैश्विक संकट है। इसकी गहराई बहुत ज्यादा है। इस महामारी की वजह से मुख्य जाति की भी बहुत बड़ी हानि पहुँची है। महामारी की वजह से विश्व भर में 'करोड़ों' से ज्यादा लोगों की मृत्यु हो चुकी है और करोड़ों मरने वालों की गिनती में कोई कमी नहीं आ रही परंतु अगर हम नाहक तो सही आना खाना और घर रहकर अपने आप को बचा सकते हैं।

इसके लिए हमें अपने आहार में सबसे ज्यादा मात्रा में फल और सब्जियाँ रखनी चाहिए। इससे आने से हमारे शरीर को अनेक अनेक जरूरी तत्व मिलते हैं। 'होल ग्रेन्स' या साबुत अनाजों को ज्यादातर आये जैसे पूर्ण गेहूँ, जौ, बाजरा, ज्वार, जई आदि पर्याप्त। इनसे रक्त शर्करा और इंसुलिन पर कम असर होता है। प्रोटीन स्रोतों से हमारा शरीर स्वस्थ रहता है। हमें दिन में कम-से-कम 6-8 ग्लास पानी पीना चाहिए। हमें बिल्कुल भी तली-बुनी चीज़ें नहीं खानी चाहिए और इसी संवर्धन आना चाहिए। सिर्फ आने का ही नहीं हमें व्यायाम ही करना चाहिए इससे हमारी सेहत बनी रहेगी। हमें तुलसी और अदरक डालकर काढ़ा और पी सकते हैं। इन सब से हमारी रोग प्रतिरोधक शक्ति बढ़ती है। सदा रखें :-

"स्वस्थ को सब दे पहले स्वस्थ,
तभी होगा बिमारियों का निदान।
स्वस्थ संतुलित ही आहार,
ऊर्जा दे शरीर को अपार।"

नेहा गुप्ता
IX - B
9226

Sports Activities- Day 5

“Sports boost and brighten the personality letting the white bone of character shine through.”

An online quiz related to fitness and sports was conducted by the sports department of Sumermal Jain Public School. All the students participated in this quiz whole-heartedly and performed very well.

Different virtual challenges were given to the students and faculty members of the school. Some of them were Squat challenge, Step-up challenge, Spot jogging, Rope skipping and Ball dribbling etc. All the students and staff members gave brilliant performance in these activities. The efforts of the participants were applauded by one and all present there.



Sports Activities- Day 6

“Sports give players an opportunity to know and test themselves.”

Fit India Active Day was observed on day 6. This day was dedicated to Family Fitness. It involved all the students and their parents.

They used home –based equipment for displaying their sportsmanship and fitness. It began with a warm up activity-Hacking sack at home i.e. juggling with feet and hand.

Aluminium foil inside a sock was used as a ball and a wooden piece was used as a bat to play cricket. Mosquito bat and a T.T. ball was used to play tennis.

A ladder was drawn on the floor with a piece of chalk to display their fitness circuit.

Each and every participant displayed his/her talent impressively and enjoyed it to the fullest.



YOGAMUDRA IN PADMASAN



GYAN/ DYAN MUDRA

