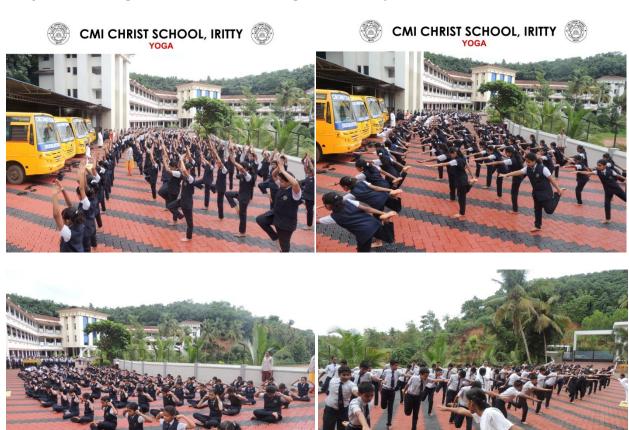
# CMI CHRIST SCHOOL, IRITTY PO IRITTY, KANNUR DIST, KERALA, PIN 670 703 Affiliated to CBSE No . 930693

#### Activities conducted during the fitness week celebration

#### **Day 1** Yoga done in morning assembly

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Salad making – Fruits and vegetable salad was prepared in the class. Teachers explained the health benefits of eating salad with their nutritive values.



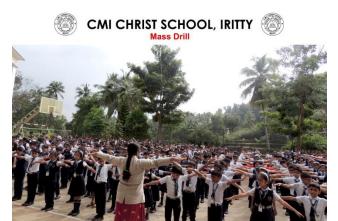






Fruit salad making

#### **DAY 2** Mass drill was done in morning assembly







# CMI CHRIST SCHOOL, IRITTY Mass Drill





A debate competition on 'Mental fitness through Physical fitness' was held between classes X A and X B.

X A emerged winners.





DAY 3 House wise poster designing competition on the topic 'Fit body, Fit mind, Fit environment' was conducted.











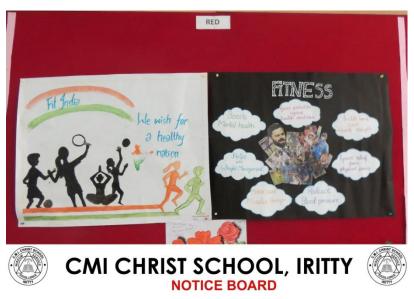






Notice board was designed to highlight the importance of Fitness.





Games from Khelo India App – 50 mts race and Push ups were held.



**DAY 4** Rope Skipping





Essay writing competition on the topic 'Fit India school was conducted'





## **CMI CHRIST SCHOOL, IRITTY**



**Essay Writing Competition** 





#### CMI CHRIST SCHOOL, IRITTY



**Essay Writing Competition** 

Winners - 1<sup>st</sup> Divya Maria Joy IX B

2<sup>nd</sup> Roopal Jim IX A

3<sup>rd</sup> Anamika IX B

#### DAY 5 Sports Quiz





#### CMI CHRIST SCHOOL, IRITTY



**Sports Quiz** 





### CMI CHRIST SCHOOL, IRITTY



**Sports Quiz** 

Winners - 1<sup>st</sup> Devarag M X A

2<sup>nd</sup> Godwin Jojo X A

3<sup>rd</sup> George Thomas X B

# DAY 6 Traditional Games of other states Kabaddi (Lakshadweep) and Pakda-pakdi (Maharashtra)





## CMI CHRIST SCHOOL, IRITTY Kabaddi







CMI CHRIST SCHOOL, IRITTY



Pakdam Pakdai

#### **CREATIVE ACTIVITY**

Rope skipping State wide Inauguration and Mega display of 800 students on the football ground.

 As part of fitness drive of our school, we tried to promote Rope Skipping in all schools in Kerala (State Board, ICSE & CBSE schools)



## CMI CHRIST SCHOOL, IRITTY



Rope skipping mega display



• 200 students from 45 schools were trained in our school.



### CMI CHRIST SCHOOL, IRITTY



Rope skipping training for Students



• 100 P.E teachers were trained to promote the fitness amongst the students.



#### CMI CHRIST SCHOOL, IRITTY



Rope skipping training for teachers



• 50 special school students and 10 teachers were trained



#### 'Fit Kannur 2019'

Rope skipping students displayed their skills before Kannur District Collector and other officials as part of Fit Kannur programme.

ROPE SKIPPING STUDENTS OF CMI CHRIST SCHOOL, IRITTY
WITH THE Dist. COLLECTOR & OTHER OFFICIALS IN THE 'FIT KANNUR 2019'



