

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

 CMI CHRIST SCHOOL, IRITTY 
YOGA



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YOGA



 CMI CHRIST SCHOOL, IRITTY 
YOGA



 CMI CHRIST SCHOOL, IRITTY 
YOGA

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



 **CMI CHRIST SCHOOL, IRITTY** 
Fruit salad making



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Fruit salad making



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Fruit salad making



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Fruit salad making

DAY 2 Mass drill was done in morning assembly

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Mass Drill



 **CMI CHRIST SCHOOL, IRITTY** 
Mass Drill



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Mass Drill



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

X A emerged winners.



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DEBATE



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



 **CMI CHRIST SCHOOL, IRITTY** 
Poster Designing



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Poster Designing



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Poster Designing

Notice board was designed to highlight the importance of Fitness.



CMI CHRIST SCHOOL, IRITY
NOTICE BOARD



CMI CHRIST SCHOOL, IRITY
NOTICE BOARD



CMI CHRIST SCHOOL, IRITY
NOTICE BOARD



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



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50 Mtr Running



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Push Up



DAY 4 Rope Skipping



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Rope Skipping



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



CMI CHRIST SCHOOL, IRIITY

Essay Writing Competition



CMI CHRIST SCHOOL, IRIITY

Essay Writing Competition



- Winners - 1st Divya Maria Joy IX B
2nd Roopal Jim IX A
3rd Anamika IX B

DAY 5 Sports Quiz



CMI CHRIST SCHOOL, IRITTY
Sports Quiz



CMI CHRIST SCHOOL, IRITTY
Sports Quiz



Winners - 1st Devarag M X A

2nd Godwin Jojo X A

3rd 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.



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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’**



