

FIT INDIA MOVEMENT

Welspun Vidya Mandir wholeheartedly embraced the essence of well-being during the Fit India Movement, an initiative by the Government of India for schools affiliated with CBSE. In alignment with CBSE guidelines, WVM organized a series of enriching activities during the fitness week, fostering a culture of fitness that extends beyond mere physical exercise. The commitment to the holistic development of the students was evident throughout the week's festivities.



WVM recognized the intrinsic joy of games and incorporated a variety of activities during the fitness week which included Yoga, PT drill, a Quiz Competition and inter House Competitions. These activities not only promoted physical activity but also nurtured social skills, creativity and sportsmanship among participants. Simultaneously, the school acknowledged yoga as an integral part of the fitness week. Yoga sessions, featuring various asanas, offered students a holistic approach to wellness by rejuvenating the mind and soul.



Understanding the interdependence of nutrition and exercise, the teachers emphasized the symbiotic relationship between nutrition and exercise, elucidating the need for proper replenishment of the body's resources post-exercise.



This holistic approach to fitness not only instilled the importance of an active lifestyle but also provided valuable insights into the intricate connection between physical well-being and proper nutrition.

Welspun Vidya Mandir's commitment to promoting a culture of fitness and holistic health among its students was vividly evident throughout the fitness week, leaving a lasting impact on the school community.

A Report from W.V.M.