

“THOSE WHO DON’T MAKE TIME FOR EXERCISE, END UP MAKING TIME FOR ILLNESS. SO WHY SIT, WHEN YOU CAN BE FIT.”

Sports develop students’ competence and credence to take part in various physical activities that become a prominent part of their lives. The school follows a curriculum that enables students to develop an extensive gamut of skills and the ability to use teamwork, sportsmanship and leadership ideas to perform successfully in every aspect of life. Through physical education, students are encouraged to live life filled with gratitude and gaiety. These attributes galvanize students to live a healthy life. The school believes that if a child is both mentally and physically healthy then he can create ripples in society. The school ensures that the sportsman spirit, fitness regime and ethics are followed for a better India.

Fit India Movement was put on a spurt with the objective of spreading ‘Fun & Easy Fitness’ for all. The mission was launched under the aegis of Sports Authority of India, which organized ‘Fit India Quiz’. The quiz accentuated awareness among the students about the importance of fitness. Students abided all the norms and registered themselves for the quiz. The school conducted the first level of the ‘Virtual Fit India Quiz’. Four students were finalized for the next round. As was foreseeable, the school accomplished the objective that was to spread awareness about India’s rich history of sports and our regional sport’s heroes.

We all know the aphorism that the pivot of healthy life is a healthy body. With the advent of the Covid-19 pandemic, the importance of fitness and health once again spewed up in our discussions. Health is everyone’s cynosure now and the aim is to have a stronger immune system to counter any risks to our health. However, staying fit, while staying at home, came as a challenge and during these inundating times. Our school provided constant support to encourage students to enrol themselves in fitness events. ‘Azadi Ka Amrit Mahotsav’ was celebrated with enthusiasm. Virtual ‘Freedom Run’ was organized with the motive - “you run your race; you time your own pace.” ‘Freedom run’ was to encourage fitness and help everyone to get freedom from obesity, laziness, stress, anxiety, diseases etc. Students were motivated “to run anywhere, anytime!” All the participants were awarded E-certificates for participation. Through virtual running, students were led to a path of finding solutions during the trying times. ‘Freedom Run’ made it evident that physical exercises are a positive aid to educational development and is imperative for the formation of a healthy individual.

The school is now all set to conduct a virtual “Fit India School Week” in true spirits. A wide range of sport’s events will be taken up enthusiastically. Virtual assembly and some free-hand exercises will take place where students will participate in fun and fitness exercises like Aerobics, Dance forms, Rope Skipping, Hopscotch, Zig Zag and Shuttle Running etc. Virtual debates, symposiums, open mic, open letter. Insightful lectures will be organized for the students. Brain games like Rubik’s cube and chess are also planned for the students. Art integrated activities like Poster making, Advertisement making, Poetry Writing and Short movie making will be taken up with sports as the theme. The week is expected to be filled with thrilling fitness activities which will prevail a palpable sense of ‘Fit India’ to remain fit and agile.

One has rightly said, 'He who has health has hope, and he who has hope has everything.' We vehemently agree that children need a secure, caring, and stimulating environment in which they can develop emotionally, intellectually, physically, and socially. Through physical activities, the school aims to provide a prudent environment with a sense of play, where students imbibe values and acquire skills that are beyond academia. The school's foundation is based on the scaffolding of 'why sit, when you can be fit' for the wholesome growth of new 'Gen-Alpha'.

FIT INDIA QUIZ - SCHOOL ROUND



SHORTLISTED FOR NEXT ROUND



SAHAJ GUPTA

PRAKHARI KHARE

DEEPSHIKHA LARK

RIYA ROUT



FIT INDIA FREEDOM RUN 2.0

75 Azadi Ka Amrit Mahotsav

Government of India
Ministry of Youth Affairs and Sports

CONGRATULATIONS

RALLI INTERNATIONAL SCHOOL

FOR SUCCESSFULLY ORGANIZING THE FIT INDIA FREEDOM RUN 2.0

13th Aug - 2nd Oct 2021

#Run4India

#AzadiKaAmritMahotsav

<https://fitindia.gov.in>



“RUNNING is a medicine for creating change in a person’s physical ,emotional & mental states!”