

EBSB School Action Taken Report

Department	:	Ministry of Education -School Education and Literacy
Department Sub Category	:	NVS
Name of the State/UT	:	Kerala
Paired State/UT	:	Himachal Pradesh- Kerala
Linked Vidyalaya (Migration)	:	JNV Jhalawar, Rajasthan
Year for which activities were conducted	:	2021 - 2022
Name of the Nodal Officer	:	Smt. Smitha M C, PGT English
Event Category	:	Azadi Ka Amrith Mahotsav
Event /Activity Name	:	Fit India School Week
Activity In charge	:	Smt. Sunithakumari, PET Shri. Santosh Kumar Yadav, PET
Venue	:	JNV, Palakkad
Start Date	:	29.11.2021
End Date	:	04.12.2021

Description ` :

Fit India Week -2021- (29.11.2021 to 04.12.2021)

As part of the celebration of 3rd Fit India School Week, the following events were held day wise to commemorate with Azadi Ka Amrith Mahotsav from 29.11.2021 to 04.12.2021 . Around 385 students actively participated in various activities organized by the school.

(i)Indian Dances Celebration:

India is one culturally rich country where almost every state has its own traditional, classical, folk and tribal dance styles. The Vidyalaya celebrated the dance forms – Kathak, Bharatanatyam and folk dance .

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(ii)Integrated Fitness Quiz:

Students of Class: VIII-XII participated in the Online Integrated Fitness Quiz which intended to check the knowledge about physical fitness; and also helped students to understand why exercise must become a part of their daily routine.

(iii) Events of indigenous games of India

We quite often lament when we see our kids glued to the TV or phone. Especially during the pandemic when taking them outdoors seems highly impossible. And thus, as we watch a generation of children find entertainment in gadgets and technology, we cannot help wondering and remembering the games of yesteryears. Those were the traditional games that took up a large stock of our time after school. They kept us on our feet, quite literally, running around on quiet streets or terraces. They helped us learn about teamwork and deep friendships. And of course, about a childhood that has shaped our lives forever.

Students were made familiar with the indigenous games during the games hour.

<https://drive.google.com/drive/folders/12xeFkEldKtEFJisyEk3iLuA-htNOMDuZ?usp=sharing>

(i) Lagori

A common street game one might often have seen children trying to topple off a stack of stones. One player from the team gets three chances to knock off the pile of seven stones with a ball. The entire team then tries to restore the stack before being out. Played with two teams, it's a great game that requires minimal props. This game is known by different names, including pithoo, satoliya, and more.

<https://drive.google.com/file/d/1JMtWkPmyvpBHy1KlO8PkZCTXW9G5rJxE/view?usp=sharing>

(ii) Gilli Danda/Lippa

Gilli Danda is an older version of modern-day baseball and cricket. Its fame once matched that of cricket in India. All it requires is two unevenly sized sticks. The smaller stick is called the Gilli and the longer one which is used to strike the Gilli is called the Danda. The objective is to flip the Gilli into the air with the Danda. While the Gilli is in the air, the player must hit it with the Danda as far as possible. The player also needs to run to touch a pre-decided point before the opponent can lay his hands on .

<https://drive.google.com/file/d/1O9I7dnIMx6GMIPHTjxam0zBpFTnmPhmp/view?usp=sharing>

(iii) Dog and the Bone

Dog and the Bone is a kids' game that has two teams of 5 or more players each. An object like a handkerchief or stick is designated as the 'bone'. A member of each team steps forward to encircle the bone placed in the middle of the playground. The aim is to retrieve the bone without being caught by the other player.

<https://drive.google.com/file/d/1w-L50uQ2oYWFComumKbIMv0gJqqCAIBe/view?usp=sharing>

(iv) Mental Health Awareness Program:

Smt. Rajani, Staff Nurse addressed students to promote mental health awareness in school. She encouraged students to eat healthy, promote positive self-esteem and practice meditation and physical activity on a daily basis. An open-door policy – both Staff Nurse and Counsellor communicated to students that they were available to listen to their concerns and issues.

(v) School's social responsibility with nearby communities:

As part of Pace Setting Activity, Fit India Campaign was organized for students of Govt. Vocational Higher Secondary School, Malampuzha by the PETs of our Vidyalaya. Smt. Ajitha, TGT Social Science spoke on the "Importance of Eat Right, Nutritional Diet and Healthy food". Yoga and Medication was demonstrated to the students by Smt. Sunithakumari, PET.

(v) Yoga and Medication Day

This year's Fit India School Week celebration was held with great enthusiasm in our school. A large number of students, teaching and non-teaching staff performed various Asanas which was preceded by omkar chanting. The trainers Smt. Sunithakumari and Shri. Santhosh Kumar Yadav spoke briefly about the benefits of yoga that helps a person improve life physically, mentally and spiritually as well.

(vi) Pledge of fitness:

Students were administered Fitness Pledge by Smt. Sunithakumari, PET. They took an oath stating that they would eat clean, exercise regularly and would no longer allow negative thoughts or feelings to drain their energy.

No. of Resource Persons	: 5
No. of photos uploaded	: 15
No. of Videos uploaded	: 6