

RALLI INTERNATIONAL SCHOOL

“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'.





75
Azadi Ka
Amrit Mahotsav
FIT INDIA Freedom Run 2.0

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 <https://fitindia.gov.in> #AzadikaAmritMahotsav

SHORTLISTED FOR NEXT ROUND



SAHAJ GUPTA



PRAKHAR KHARE



DEEPSHIKHA LAIK



RIYA ROUT



RALLI INTERNATIONAL SCHOOL
FIT INDIA QUIZ - SCHOOL ROUND




RALLI INTERNATIONAL SCHOOL





Fit India Freedom Run 2.0
Starting from 13th Aug - 2nd Oct






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

RALLI INTERNATIONAL SCHOOL

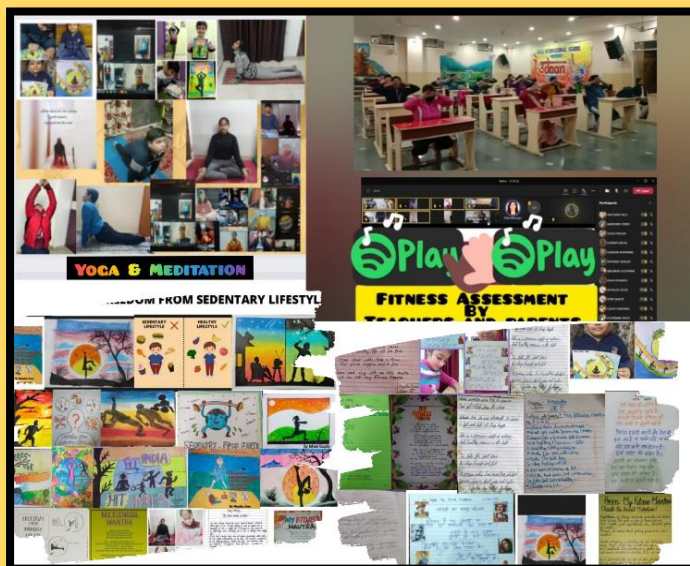
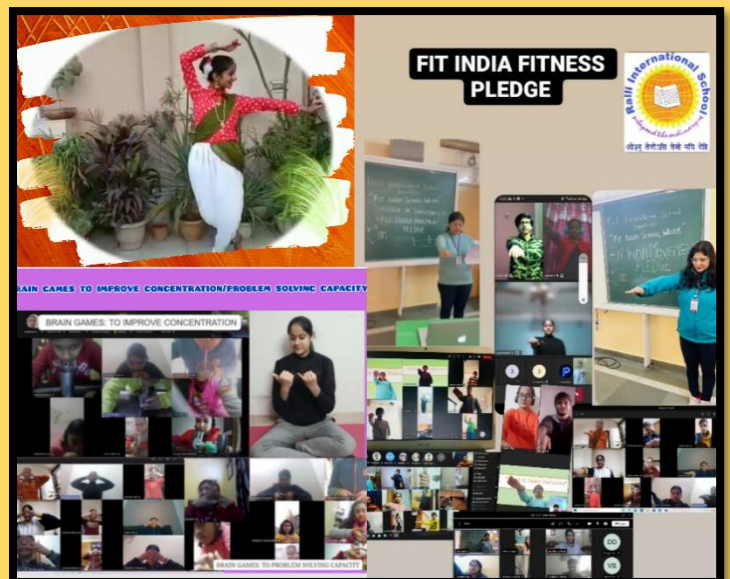
FIT INDIA WEEK (24 JAN- 30 JAN 2022)

"The five S's of sports training are stamina, speed, strength, skill, and spirit; but the greatest of these is spirit."

- KEN DOHERTY

Sports instil spirit! As quoted, the spirit is essential in all aspects of life. Sports and extra-curricular activities prepare us for the challenges of life which academics might fail to. The balance of both worlds is equally important. The team behind *Fit India Mission* deserves numerous accolades for the conduction of successful *Fit India Movement* across the schools. Our school had the hands-down on the activities as suggested in their curriculum. Our students had a crème-de-crème experience of competence and credence as they took part in various physical activities. Students learned teamwork, sportsmanship, and leadership ideas during the sessions conducted by the teachers. A motto of 'healthy mind resides in healthy body' prevailed in the classrooms.

We thank the 'Ministry of Youth Affairs & Sports' and the team behind 'Fit India Movement' who came with an objective of spreading 'Fun & Creative' activities during the 'School Week'. The mission was launched with the hashtag #NewIndiaFitIndia. Our School Week began on 24 January 2022, with a beautiful opening day dance with an integrated fitness session. The theme of 'Azadi ka Amrut Mahotsav' was well reflected in the opening dance. The week continued and saw various debates, symposiums, and lectures. A quiz was conducted on the theme of nutrition and freedom which accentuated awareness among the students about the latter. Our students wrote



beautiful poems on "My Fitness Mantra". Some students made banners and posters on the topic 'Freedom from Sedentary Lifestyle'. An insightful session on 'Santulit Aahar' was also conducted. Parents took interest in fitness sessions as well. Brain games, yoga, and meditation sessions were conducted for a wholesome week. Our school marked achievement as it received a certificate of excellence in 'Surya Namaskar'. The 'School Week' ended on 31 January 2022 with a pledge for a healthy life.

It is noted that the importance of fitness and health will always spew up in our discussions. Health is everyone's priority 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 during these inundating times. Our school provided constant support to encourage students to enroll themselves in various fitness events. 'Azadi Ka Amrit Mahotsav' was

celebrated with great zeal. All the participants were awarded E-certificates for participation. Through virtual activities, students were led to a path of finding solutions even during trying times.

In short, the virtual “Fit India School Week” was conducted in true spirits. A wide range of sport’s events took place enthusiastically. Our virtual assembly had some free-hand exercises where students participated in like Aerobics, Dance forms, Rope Skipping, Hopscotch, Zig Zag, Shuttle Running, etc. Virtual debates, symposiums, open mic, open letters were conducted as well. Insightful lectures were enjoyed by the students and parents. Brain games like Rubik’s cube and chess were also planned and well-executed. Art integrated activities like Poster making, Advertisement making, Poetry Writing, and Short movie-making were taken up with sports as the theme. The week, as expected unfurled with thrilling fitness activities which prevailed a palpable sense of ‘Fit India’ i.e. to remain fit and agile. It was a remarkable week!







Congratulations to
ARPIT SHARMA
 for successfully participating in Fit India School Week 2021
 organised by
RALLI INTERNATIONAL SCHOOL
 14th Nov - 31st Jan 2022




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Congratulations to
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Congratulations to
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Congratulations to
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 for successfully participating in Fit India School Week 2021
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