



25th – 30th November, 2019 – Fit India School Week 2019

Under the aegis of Fit India Movement, an initiative taken by CBSE, we at RGS geared up to celebrate it with all enthusiasm and vigour on Day one. Children assembled at the Rendezvous Yard where in an extended morning assembly session they were addressed by Principal Anubha Goyal on the importance of fitness. The students performed yoga and later they participated in fitness training led by all the coaches.

Day two of the Fit India School Week was celebrated at Royal Global School, wherein children of grades 6 to 8 were involved. They performed yoga, warm up, stretching and free hand exercises. The guest for the occasion was Sanjana Raaj, Sports Psychologist. Principal Anubha Goyal Ma'am addressed the gathering stressing on the importance of fitness.

As a continuation of Fit India School Week 2019, day 4, guest of the day was Don Anshuman Bhagawati, who is originally from Assam, India and has been in the UK for almost last two decades. A former first class cricketer from Assam, also captain of the 1994/95 Vijay Merchant trophy Cricket team and now the Director of City Cricket Academy, Leicestershire, UK and the Director of Rhino tours, UK.

Mr. Bhagawati addressed the students in the morning assembly and explained the concept of overall development of youngsters and the secret to healthy living through fitness.

Besides this students also participated in a yoga and aerobic session lead by the school sports faculty. Khelo India Fitness Assessment is also being conducted on the students in a phased manner.