



SENTHIL COLLEGE OF EDUCATION

PERIYAVADAVADI, VRIDDHACHALAM, CUDDALORE DISTRICT-606 104. TAMIL NADU.

Accredited with "B" Grade by NAAC

NCTE Order No: F.SRO/NCTE/B.Ed/2005-2006/5116

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CELEBRATION OF FIT INDIA WEEK

27th November 2023 to 2nd December 2023

Programmes: Fitness Pledge, Debate, Meeting, Quiz, Yoga & Meditation,
Health Camp, Mobile App, Indigenous Games,
Sports and Entrepreneurship Building

Dr.M.PANNEERSELVAM Ph.D (Edu),.Ph.D (Bot),.

Principal

Er.S.DIVIYA BE.,

Correspondent

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Periyavadavadi, Vriddhachalam, Cuddalore District 606104.

FIT India Week

Celebration of FIT India Week from 127th November 2023 to 2nd December 2023

Date	S.No Events	Activities to be conducted	Title of Programme
27.11.2023	1	Fitness Pledge	to be taken by teachers, students and their parents.
	2	Parents-Teachers Meeting	Fit India
	3	Exercises	Yoga & Meditation
28.11.2023	1	Organize Health Camps	Eye Camp
	2	Debate	Vegetation or Non Vegetation Food is better for Health
29.11.2023	1	Essay Writing	Obesity is a disease not a disorder
	2	Quiz	Physical & Metal Health
	3	Poster making competition	Importance of fitness
30.11.2023	1	Mobile App	Fitness Assessment
01.12.2023	1	Indigenous Games	
	2	Sports	Running
	3		Fun Games
	4		High, Long Jump & Javelin throw
02.12.2023	1	Entrepreneurship Building	Group Discussion

Principal