

03.07.2026 (Friday)

Dear Parent

Students have to learn the following words for the spellathon on 23.07.2026 (Thursday):

Class -VI
Spellathon No.- 2 (Topic: Fit India Campaign)

S.No	Words	Meaning	S.No	Words	Meaning
1	agility	the ability to move quickly and easily	11	metabolism	chemical processes in the body that convert food into energy
2	cardiovascular	relating to the heart and blood vessels; essential for fitness	12	nutrition	the process of obtaining food necessary for health and growth
3	dedication	the quality of being committed to a task or activity	13	obesity	a condition of excessive body fat harmful to health
4	endurance	the ability to sustain physical activity for a long time	14	perseverance	continued effort despite difficulty in achieving a fitness goal
5	flexibility	the capacity of joints and muscles to move through their full range	15	resilience	the ability to recover quickly from illness or physical exertion
6	gymnasium	a room or building equipped for physical exercise and sports	16	stamina	the ability to sustain prolonged physical or mental effort
7	hydration	the process of maintaining adequate water intake in the body	17	therapeutic	having a healing or beneficial effect on the body and mind
8	immunity	the body's ability to resist infections and diseases	18	vaccination	the administration of a vaccine to protect against disease
9	jogging	running at a slow, steady pace for physical exercise	19	wellness	the state of being in good physical and mental health
10	kinesthesia	the sense of body movement and position during physical activity	20	zeal	great energy and enthusiasm for a cause such as staying fit

Note:

- It is compulsory to participate in Spellathon.
- Only learn the words for Spellathon.
- Spellathon will not be re-conducted under any circumstances.

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Class -VII
Spellathon No.- 2 (Topic: Fit India Campaign)

S.No	Words	Meaning	S.No	Words	Meaning
1	acclimatisation	the process by which the body gradually adapts to a new environment or physical demand	11	kilojoule	a unit of measurement for the energy value obtained from food and consumed during exercise
2	anaerobic	relating to exercise performed without oxygen, such as sprinting or weight training	12	ligament	a tough band of fibrous tissue that connects bones and supports joints during movement
3	biomechanics	the scientific study of the mechanical aspects of living bodies during movement and exercise	13	musculoskeletal	relating to the muscles and skeleton together; especially in the context of physical fitness
4	convalescence	the gradual recovery of strength and health after illness, injury, or surgery	14	neuromuscular	relating to the relationship between the nervous system and muscles during physical activity
5	dexterity	skill and ease in using one's hands or body, especially in sport or physical tasks	15	osteoporosis	a condition in which bones become weak and brittle due to lack of physical activity or calcium
6	equilibrium	a state of physical balance in which all forces acting on the body are equal	16	physiotherapy	treatment of injury or disease through physical methods such as exercise, massage, and movement
7	fortification	the process of strengthening the body through exercise, diet, or supplementation	17	proprioception	the body's ability to sense its own position and movement without using sight
8	haemoglobin	a protein in red blood cells responsible for transporting oxygen to muscles during activity	18	rehabilitation	the process of restoring someone to full health and fitness after injury or illness
9	inoculation	the introduction of a vaccine or agent into the body to produce immunity against disease	19	sustenance	food and nourishment necessary to maintain life, energy, and physical performance
10	jeopardise	to put one's health or physical well-being at risk through neglect or harmful habits	20	tendon	a flexible but inelastic cord of fibrous tissue that attaches muscle to bone

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S.No	Words	Meaning	S.No	Words	Meaning
1	anthropometry	the scientific measurement of the human body to assess physical fitness and health standards	11	lactate	a chemical compound produced in muscles during intense exercise when oxygen supply is insufficient
2	baroreceptor	a sensory nerve ending that detects changes in blood pressure and regulates circulation during exercise	12	myocardial	relating to the muscular tissue of the heart, which is strengthened through regular aerobic exercise
3	calisthenics	a system of physical exercises using body weight to develop strength, flexibility, and coordination	13	nociception	the sensory process by which the nervous system detects and responds to potentially harmful stimuli or pain
4	degeneration	the gradual deterioration of cells, tissues, or organs due to inactivity, disease, or ageing	14	orthotics	custom-made devices worn inside shoes to correct posture, support joints, and improve physical movement
5	electrolyte	a mineral in the body that carries an electric charge and is essential for muscle function and hydration	15	plyometrics	a form of exercise involving rapid stretching and contracting of muscles to increase power and speed
6	fibromyalgia	a chronic condition causing widespread musculoskeletal pain, fatigue, and reduced physical capacity	16	proprioception	the body's ability to sense its own position and movement without using sight
7	glycogen	a form of glucose stored in the liver and muscles that serves as a primary energy source during exercise	17	quadriceps	a group of four muscles at the front of the thigh responsible for extending the knee during movement
8	hypertension	a medical condition in which blood pressure is persistently elevated, often linked to physical inactivity	18	respiratory	relating to breathing and the organs involved in supplying oxygen to the body during physical activity
9	isometric	relating to exercises in which muscles contract without visible movement of the joints or body parts	19	serotonin	a neurotransmitter produced during exercise that regulates mood, sleep, and overall sense of well-being
10	juxtapose	to place contrasting concepts such as an active and sedentary lifestyle side by side for comparison	20	thermoregulation	the body's ability to maintain a stable internal temperature during physical exertion and changing environments

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