

CISCE INITIATIVE FOR FIT INDIA LIVE LESSONS

Subject: Fit India Live Sessions for our School going children

Dear Parents,

While the Council has taken steps to ensure some continued academic activity during this extended lock down period through its initiatives of online teaching through its collaboration with ABP Ananda and News 18 television channel, it is equally concerned about the physical wellbeing of the students due to the lack of physical activities.

The Council is pleased to inform you that it has entered into a collaboration with 'Fit India Mission' which has customized and developed special physical activities for the students of our affiliated schools. Fit India Mission will provide live sessions by experts covering a range of topics for holistic well-being of school going children, which will include simple actionable tips around basic exercises, nutrition, yoga & meditation, boosting immunity etc. These sessions will be **LIVE on youtube daily at 9.30 AM starting from 20th April 2020**, at the following link

Youtube- Channel name – Fit India Movement Link

- https://www.youtube.com/channel/UCQtxCmXhApXDBfV59 JNagA?view_as=subscriber
- Facebook: @FitIndiaOff
- Instagram: @fitindiaoff

You are requested to disseminate this information to all your students, teachers and the parent community regarding this initiative of the Council. We hope that all our children will keep themselves physically fit and active during this time of the lockdown through these live fitness sessions.

I look forward to your continued support and cooperation in all Council endeavours.

With warm regards,

Principal