

FIT INDIA

Dear Parents and Students,

Physical activity in any form is a great way to keep children physically healthy as well as improving their mental wellbeing. Research shows that doing exercise influences the release and uptake of feel-good chemicals called in endorphins in the brain. Even a short burst of 10 minutes physical activities positively increases mental alertness, energy and mood.

As many schools have already initiated online/virtual classes for students, it is equally important to invest in their overall physical, emotional and mental wellbeing at home during this period. Keeping this in mind CBSE and Fit India Mission have collaborated to 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, Facebook, Instagram daily at 9.30 AM** starting from **15th April 2020**, for a period of one month at following link

The LIVE sessions will be available on the following FIT INDIA Channels:

Facebook: @FitIndiaOff

Instagram: @fitindiaoff

Youtube- Channel name - Fit India Movement, link –

https://www.youtube.com/channel/UCQtxCmXhApXDBfV59_JNagA?view_as=subscriber

CBSE Twitter: <https://twitter.com/cbseindia29>

CBSE Facebook: <https://www.facebook.com/cbseindia29/>

CBSE Instagram: https://www.instagram.com/cbse_hq_1929/

The overall objective of these sessions will be to help children stay fit and healthy while pursuing online classes as well as help them to cultivate a sustainable and active lifestyle right from their younger days.

Thank You

Principal