

In continuation to the CBSE Circular No. Acad/24, dated April, 04, 2020, it is to reiterate that 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 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 well-being 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 (details annexed). 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

- **Youtube- Channel name - Fit India Movement, link - [https://www.youtube.com/channel/UCQtxCmXhApXDBfV59\\_JNagA?view\\_as=subscriber](https://www.youtube.com/channel/UCQtxCmXhApXDBfV59_JNagA?view_as=subscriber)**
- **Facebook: @FitIndiaOff**
- **Instagram: @fitindiaoff**

All the live sessions are downloadable and can be made available as video capsules for anytime, anywhere dissemination at a later point of time as well. The sessions will be curated keeping in mind the need to engage the trio of students, parents and teachers. 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.

Fit India Mission has also informed that they have made 5 capsules of five minutes each for break between online sessions. These capsules can be downloaded from the link <https://we.tl/t-6vhcHEVx0a> and can be played by schools in between online sessions from 15<sup>th</sup> April 2020.

Therefore, all affiliated schools are requested to circulate information about these initiatives to all students, parents and teaching fraternity for effective uses. Schools in consultation with stakeholders can also share feedback to make the quality of the content richer and inspiring.

For any further query/feedback, school may contact Rishabh / Shubam ,**Fit India Mission at 9540256156, 9015906969 rishabh.fitindia@gmail.com** or Dheeraj ,CBSE at [cbse.dheeraj@gmail.com](mailto:cbse.dheeraj@gmail.com).