

Dear Parents,

Sub : Live session by Experts for holistic wellbeing of School going children

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.

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**
- **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. 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 15th April 2020.

Parents are requested to make sure that children do follow this fitness program and practice with full passion.

Make the video of your ward and share with sports department, best video will be uploaded on school sports YouTube channel.

For any further query/feedback, school may contact- Ms. Neeraj Singh HOD Sports 9560033242, Mr. Kamal Singh Rawat 9953805622 & Mr. Raman Vaid 81789449531.

Annexure

Programme Schedule

Class	Time
I to VIII	9:30am to 10:30am
IX to XII	5:00pm to 6:00pm

Day	Day	Date	Time	Coach	Expertise	Topic Genre
Wed	Day 1	15th April	09:30	Aliya Imran	Fitness Trainer	Daily workouts
Thu	Day 2	16th April	09:30	Pooja Makhija	Dietitian & Nutritionist	Eating Right
Fri	Day 3	17th April	09:30	Dr Jitendra Nagpal	Emotional wellness	Emotional well-being to be a winner
Weekend break						
Mon	Day 4	20th April	09:30	Heena Bhimani	Yoga	Yoga for school children
Tues	Day 5	21st April	09:30	Ronak Gajjar	Meditation	Breathing right and intro to meditation
Wed	Day 6	22nd April	09:30	Tufail Qureshi	Fitness Trainer	Fun Workout for Children
Thur	Day 7	23rd April	09:30	Pooja Makhija	Child Nutrition	Eating right
Fri	Day 8	24th April	09:30	Luke Coutinho	Holistic Lifestyle Coach	Tips for healthy body & mind
Weekend Break						
Mon	Day 9	27th April	09:30	Dr Bhushan Shukla	Child Psychiatrist	Mental wellness for development
Tues	Day 10	28th April	09:30	Wanitha Ashok	Fitness Trainer	Games based Training
Wed	Day 11	29th April	09:30	Dr Rajat Chauhan	Sports and Injuries	Building muscles correctly
Thur	Day 12	30th April	09:30	Arooshi Garg	Child Nutrition	What should be in your tiffin box?
Fri	Day 13	1st May	09:30	Sheetal Tewari	Yoga	Yoga & Stretching
Weekend Break						
Mon	Day 14	4th May	09:30	Dr Bhushan Shukla	Child Psychiatrist	Mental wellness for development
Tues	Day 15	5th May	09:30	Parwage Alam	Running Coach	Boosting your Stamina
Wed	Day 16	6th May	09:30	Yasmin K	Fitness Guru	easy workout tips for children
Thur	Day 17	7th May	09:30	Speaker TBC	Session for children with special care	Session for children with special care
Fri	Day 18	8th May	09:30	Speaker TBC	Fitness	Inspirational talk on imp of Fitness

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/

Principal Office

