

Council's initiative for fitness

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