



17.06.2020

NOTIFICATION

CBSE – Fit India – International Yoga Day Celebration -2020

As you are aware , Fit India is already conducting a campaign in partnership with CBSE for the overall physical, emotional, and mental well – being of our school students, especially during the lockdown period.

As part of continued efforts, CBSE in partnership with Fit India Mission proposes to organize a special live session at 5:00 PM on 21st June 2020 to celebrate International Yoga Day – 2020.

Ms. Shilpa Shetty, renowned fitness icon and experienced Yoga practitioner will be conducting the live session on Fit India YouTube channel and CBSE social media platforms. MoS (I/C), MoYAS and two sports icons are also likely to join the live session.

The session will be specially designed keeping in mind MoAYUSH guidelines about yoga@home and to engage children meaningfully through fun and education elements about yoga.

You are requested to participate with your wards, family and friends.

Dr.B.Reena
Principal

