



केन्द्रीय माध्यमिक शिक्षा बोर्ड  
CENTRAL BOARD OF SECONDARY EDUCATION

CBSE/Dir/Sk. Ed./2020

Dated April 13, 2020

Circular No: Acad- 27/2020

To

Principals of All Affiliated Schools to CBSE

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

**Dear Principal**

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).

Encl: Annexure- Programme Schedule

Director (Training and Skill Education)



## केन्द्रीय माध्यमिक शिक्षा बोर्ड CENTRAL BOARD OF SECONDARY EDUCATION

**Copy for information to the respective Heads of Organizations / Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:**

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, New Delhi-110016.
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Additional Chief Secretary/Principal Secretary/Secretary (School Education), Government of Arunachal Pradesh, Itanagar – 791111
4. The Additional Chief Secretary/ Principal Secretary (School Education), Government of Sikkim, Gangtok, Sikkim –737101
5. The Principal Secretary/Secretary (School Education), Government of NCT of Delhi, Old Secretariat, Delhi - 54.
6. The Principal Secretary(School Education), Union Territory Secretariat, Sec- 9, Chandigarh
7. The Principal Secretary/Secretary (School Education), Govt. of A&N Islands, Port Blair
8. The Principal Secretary/Secretary (School Education), Govt. of Odisha
9. The Principal Secretary/Secretary (School Education), Govt. of Chhattisgarh
10. The Principal Secretary/Secretary (School Education), Govt. of Tripura
11. The Principal Secretary/Secretary (School Education), Govt. of Haryana
12. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi - 54
13. The Director of Public Instructions (Schools), Union Territory Secretariat, Sec- 9, Chandigarh-160 017
14. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
15. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
16. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
17. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sec-3, Rohini
18. The Under Secretary (EE-I), MHRD, Govt. of India, Department of SE&L, Shastri Bhawan, New Delhi-01
19. The Additional Director General of Army Education, A – Wing, Sena Bhawan, DHQ, PO, New Delhi-01
20. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
21. The Director , NCERT for information.
22. The Director General , Sports Authority of India for information.
23. The CEO, Fit India Mission, for information
24. The Chairman, NIOS, Noida for information.
25. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
26. All Heads of COEs of CBSE
27. All Joint Secretaries/ Deputy Secretaries/ Assistant Secretaries, CBSE
28. In charge IT Unit with the request to put this circular on the CBSE Academic website
29. The Head (Public Relations), CBSE
30. SPS to Secretary, Director (Information Technology), Director (Academics), Controller of Examinations, Director (Skill Education & Training), Director (Professional Exams), CBSE

**Director (Training and Skill Education)**



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**Annexure**

**Programme Schedule**

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

- Schedule and speakers subject to change



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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](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/](https://www.instagram.com/cbse_hq_1929/)





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CENTRAL BOARD OF SECONDARY EDUCATION

**FIT**  
INDIA  
**ACTIVE**  
**DAY**



Watch  ur

(((•)))  
**Live Fitness Sessions**

for **School Children**

**9:30 AM**

**15th April onwards**



Live streaming also on:



[fitindia.gov.in](http://fitindia.gov.in)

[@fitindiaoff](https://www.instagram.com/fitindiaoff)







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**FIT**  
INDIA  
**ACTIVE**  
**DAY**  
Powered by  
**GOQii**



Watch **O**ur  
Live Fitness Sessions  
for Sch**O**ol Children



9:30 am, 15<sup>th</sup> April onwards



« Live streaming also on »



    @fitindiaoff

fitindia.gov.in



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CENTRAL BOARD OF SECONDARY EDUCATION

**FIT INDIA ACTIVE DAY** &   
Powered by **GOQii**

**Live Fitness Sessions for School Children**

**9:30 am, 15th April onwards**

**YouTube** » **FIT INDIA**  Live streaming also on »  

[fitindia.gov.in](https://www.fitindia.gov.in)

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