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
- 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 15th 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.

Enccl: Annexure- Programme Schedule

Director (Training and Skill 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:

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

Watch Our Live Fitness Sessions for School Children

9:30 AM
15th April onwards

Live streaming also on:

YouTube » FIT INDIA

fitindia.gov.in
@fitindiaoff
Fit India Active Day

Watch Our Live Fitness Sessions for School Children

9:30 am, 15th April onwards

YouTube » Fit India

Live streaming also on

GoQii

@fitindiaoff

fitindia.gov.in
Fit India Active Day & Live Fitness Sessions for School Children
9:30 am, 15th April onwards

Live streaming also on fitindia.gov.in