

Special Live Session on 21st June, 2020 to celebrate International Yoga Day by FIT India Mission - reg.

Fit India Mission is conducting a campaign for the overall physical, emotional and mental well-being of school students, esp. during the lockdown period. As a part of its continued efforts, the Fit India Mission is organizing a special live session at 5.00 pm on 21st June 2020 to celebrate the International Yoga Day.

Ms. Shilpa Shetty, renowned fitness icon and experienced yoga practitioner, will be conducting the live session on Fit India You Tube Channel. Hon'ble Minister of Youth Affairs and Sports and two sports icons are also likely to join the live session.

The session is being specially designed keeping in mind the guidelines of the Ministry of Ayush about YOGA@HOME and to engage children meaningfully through fun and educational elements of yoga.

Schools are requested to share the above information with the students so that they along with their families can benefit from the programme.

Thanks

CBSE, Academic Unit

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