

St. Cecilia's Public School (Minority)
(Sr. Sec. & Affiliated to CBSE)
F – Block, Vikaspuri, New Delhi – 18
Tel.:45535761, 45535762

Ref. No. St. CPS/2020/21/03

Date: 19.04.2020

Dear Parent

In the wake of Covid-19 pandemic , we are staying and working from our homes in order to be safe ourselves and to contribute our part in keeping the country safe too . We must utilise this period for undertaking different activities making the best possible use of technology not only for our mental wellness but also physical well being . All round development of children remains to be our prime focus .

Physical activities will help you stay healthy during quarantine. Staying active is good for your body, mind and spirit especially during such stressful situations. More physical activity will also ensure better sleep and overall good health. Exercising at home will also help you maintain better heart health, muscle strength, flexibility and better mental health.

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. 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

We pray and hope for peace, happiness and well being of you, your family and all mankind as we fight jointly against COVID 19.

With Kind Regards,

Yours Sincerely,

Mrs. InderpreetBhumra
Principal (Acting)
St. Cecilia's Public School