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Circular – ‘Fit India Freedom Run’

Dear Parents,

“It’s never too early or late to work towards being the healthiest you.”

In the current unprecedented times when we are facing new challenges and norms every day, it is important to have a healthy body and mind. The Ministry of Youth Affairs and Sports, Govt of India has taken an initiative under the aegis of Fit India Movement; termed as ‘Fit India Freedom Run’. It commenced on 15th August and will be continued till 2nd October, 2020.

With the Covid-19 pandemic relentlessly giving rise to new health issues, fitness and immunity empowerment are the only solutions. With this agenda in mind, you can whole-heartedly participate in this Freedom run which is expected to bring an overall improvement in our health status. The concept is quite flexible wherein one can run/walk along the route of their own choice, at a time that suits them and must follow adequate precautions during COVID-19 Pandemic.

For more details on guidelines and registration, kindly follow the below mentioned link of the circular:

http://cbseacademic.nic.in/web_material/Notifications/2020/72_Notification_2020.pdf

We hope to see participation from parents and students in huge numbers. Let us contribute in defeating the pandemic by staying fit, sound and healthy.

Regards

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