

COUNCIL/CIR/2020  
Date: 22<sup>nd</sup> April 2020

To: All Heads of Council affiliated Schools

**Subject: FIT INDIA ACTIVE BREAK VIDEOS**

Dear Principal,

This is further to the Council's circular to you dated 16<sup>th</sup> April 2020 regarding the Fit India Programme especially customized for the CISCE affiliated schools.

Please find below a link which has five videos. These may be viewed and utilized by our school students for their physical wellbeing.

<http://fitindia.gov.in/fit-india-active-breaks-for-cisce/>

This is for your information and necessary action in disseminating this to all stakeholders.

With warm regards,

Yours sincerely,

Gerry Arathoon  
Chief Executive and Secretary