

FIT INDIA LIVE SESSIONS FOR OUR SCHOOL GOING CHILDREN

While the Council has taken steps to ensure some continued academic activity during this extended lock down period through its initiatives of online teaching through its collaboration with ABP Ananda and News 18 television channel, it is equally concerned about the physical wellbeing of the students due to the lack of physical activities.

The Council is pleased to inform you that it has entered into a collaboration with 'Fit India Mission' which has customized and developed special physical activities for the students of our affiliated schools. Fit India Mission will 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 daily at 9.30 AM starting from 20th April 2020**, at the following link

Youtube- Channel name – Fit India Movement Link

- https://www.youtube.com/channel/UCQtxCmXhApXDBfV59 JNagA?view_as=subscriber
- Facebook: @FitIndiaOff
- Instagram: @fitindiaoff

We hope that all our children will keep themselves physically fit and active during this time of the lockdown through these live fitness sessions.

Gerry Arathoon

Chief Executive & Secretary, CISCE

PROGRAMME SCHEDULE

Day	Day	Date	Time	Coach	Expertise	Topic
Mon	Day 1	20th April	09:30 am	Heena Bhimani	Yoga	Yoga for school children
Tues	Day 2	21st April	09:30 am	Ronak Gajjar	Meditation	Breathing right and intro to meditation
Wed	Day 3	22nd April	09:30 am	Tufail Qureshi	Fitness Trainer	Fun Workout for Children
Thur	Day 4	23rd April	09:30 am	Pooja Makhija	Child Nutrition	Eating right
Fri	Day 5	24th April	09:30 am	Luke Coutinho	Holistic Lifestyle Coach	Tips for healthy body & mind
Weekend Break						
Mon	Day 6	27th April	09:30 am	Dr Bhushan Shukla	Child Psychiatrist	Mental wellness for development
Tues	Day 7	28th April	09:30 am	Wanitha Ashok	Fitness Trainer	Games based training
Wed	Day 8	29th April	09:30 am	Dr. Rajat Chauhan	Sports and Injuries	Building muscles correctly
Thur	Day 9	30th April	09:30 am	Arooshi Garg	Child Nutrition	What should be in your tiffin box?
Fri	Day 10	1st May	09:30 am	Sheetal Tewari	Yoga	Yoga and stretching
Weekend Break						
Mon	Day 11	4th May	09:30 am	Dr Bhushan Shukla	Child Psychiatrist	Mental wellness for development
Tues	Day 12	5th May	09:30 am	Parwage Alam	Running Coach	Boosting your stamina
Wed	Day 13	6th May	09:30 am	Yasmin K	Fitness Guru	Easy workout tips for children
Thur	Day 14	7th May	09:30 am	TBC	Session for children with special care	Session for children with special care
Fri	Day 15	8th May	09:30 am	TBC	Fitness	Inspirational talk on imp of Fitness / Fitness demo

*Schedule and speakers subject to change