

FIT INDIA ACTIVE BREAK VIDEOS

This is further to the Council's circular to you dated 16th 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/>

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