

Dear Parents

In lieu of the challenging period of lockdown, we, at Sant Nirankari Public School, have already initiated the online teaching sessions to prevent your ward's academic loss. It is equally important to invest in their overall physical, emotional and mental well being at home during this period. Keeping this in mind, CBSE and Fit India Mission have collaborated to provide live sessions by experts on Basic Exercises, Nutrition, Yoga & Meditation, Boosting Immunity etc. These sessions will be live on Youtube, Facebook and Instagram daily at 9:30 AM from 15<sup>th</sup> April, 2020 for a period of one month at the following links:

- **Youtube- Channel name – Fit India Movement, link -**  
[https://www.youtube.com/channel/UCQtxCmXhApXDBfV59\\_JNagA?view\\_as=subscriber](https://www.youtube.com/channel/UCQtxCmXhApXDBfV59_JNagA?view_as=subscriber)
- **Facebook: @FitIndiaOff**
- **Instagram: @fitindiaoff**

All the live sessions are downloadable and can be made available as video capsules for anytime, anywhere dissemination for effective use.

Looking forward for your wholehearted cooperation.

Regards  
Dr. Sarita Pande  
(Principal)