in the month of October 2020, under

"FIT INDIA MOVEMENT" ,

students have to perform Yogic Exercises (for Boys) and Running on the spot (for Girls).

So you are requested to instruct students of your respective classes to do these exercises on Second Saturday (10/10/2020) only, videographed their performance, of about 1 - 2 minutes, along with the photograph of the same (performance), and send/ upload to personal what's up number of class teacher (not in group) the same day by noon.