

BANASTHALI PUBLIC SCHOOL

G-Block, Vikas Puri, New Delhi-110018

Circular No. BPS/20-21/45

Dated: 19.11.2020



Dear Parent,

As you are aware that on 29th August 2019, the Honourable Prime Minister of India, launched nationwide “Fit India Movement” which was aimed to encourage people to inculcate physical activity and sports in their everyday lives and daily routine.

In light of the above, CBSE has issued a Circular vide Circular No. **Acad-82/2020 dated 03.11.2020** regarding **Celebrating Fit India School Week-2020** in the months of November and December, 2020.

To make the event Fit India School Week-2020 successful, Banasthali is organising and conducting Virtual Physical Activities through online classes on regular basis.

For this, Parents Participation is also required. They have to dedicate one day as “**Family Fitness Day**” as per their convenience. On that day marked as “**Fit India Active Day**”, Parents are advised to perform the activities as shown in various videos uploaded on the Google Drive, link of which has been given below:

https://drive.google.com/drive/folders/18ophVtYf3qBOhpLOpX66y_ywCK_kgTsS

Parents are also requested to click the few photographs & to make a video, while performing these physical activities at home, in **HORIZONTAL MODE (of not more than 25 seconds)**.

After recording, please mail the photographs and video for School office record at:

E-mail ID: bpsphyedu@gmail.com

in the given mail format latest by 24th November (Monday) 8:00 P.M.

- The **SUBJECT** of E-mail should be: <CLASS> <SEC> <ADM. NO.> <NAME OF THE STUDENT> <EVENT>
e.g. **7A-3826-VIVAN-FISW2020**.
- The **content** of E-mail should be in the following format:

“I am proud to Participate in FIT INDIA SCHOOL WEEK 2020”:

1. CLASS & SEC.:
2. ADMISSION NO.:
3. NAME OF THE STUDENT:
4. NAME OF THE PARENT:
5. EVENT: “FIT INDIA SCHOOL WEEK 2020”

The best selected entries will be uploaded on School Facebook as a mark of appreciation.

Hope to have enthusiastic participation from you all.

Enjoy Learning! Stay at Home! Stay Fit!

Principal