



KAMLAVATI SENIOR SECONDARY SCHOOL

(Affiliated to the CBSE, New Delhi & Recognised by the Director of School Education, Tamilnadu)

Sahapuram (P.O)-628 229 ,Thoothukudi Dist,Tamilnadu. Tel: 04639-280227



Notification

Date:16.04.2020



Dear Parent,

CBSE and Fit India Mission have collaborated to 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 (details annexed). These sessions will be LIVE on youtube ,Facebook, Instagram daily at 9.30 AM starting from 15th April 2020, for a period of one month at following link ,

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

-Principal KSSS