



# केन्द्रीय माध्यमिक शिक्षा बोर्ड

(मानव संसाधन विकास मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

**CENTRAL BOARD OF SECONDARY EDUCATION**  
(An Autonomous Organisation under the Ministry of Human Resource Development, Govt. of India)



CBSE/DIR./SE./IDY/2020

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## NOTIFICATION

### CBSE – Fit India - International Yoga Day Celebration – 2020

As you are aware, Fit India is already conducting a campaign in partnership with CBSE for the overall physical, emotional, and mental well-being of our school students, especially during the lockdown period.

As part of our continued efforts, CBSE in partnership with Fit India Mission proposes to organize a special live session at 5:00 PM on 21<sup>st</sup> June 2020 to celebrate International Yoga Day – 2020.

Ms. Shilpa Shetty, renowned fitness icon and experienced Yoga practitioner will be conducting the live session on [Fit India YouTube channel](#) and CBSE social media platforms. MoS (I/C), MoYAS and two sports icons are also likely to join the live session.

The session will be specially designed keeping in mind MoAYUSH guidelines about yoga@home and to engage children meaningfully through fun and education elements about yoga.

You are requested to share the information about the event with your students and teachers, so that maximum number of students, teachers and their families can benefit from the same.

*Biswajit Saha*

(Dr. Biswajit Saha)

Director (Training and Skill Education)



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