

Date : 23/04/2020

**Subject: FIT INDIA ACTIVE BREAK VIDEOS**

Dear Parents and Guardians,

Please find below a link which has five videos. These may be viewed and utilized by your ward(s) for their physical wellbeing.

<http://fitindia.gov.in/fit-india-active-breaks-for-cisce/>

This is for your information and necessary action.

With warm regards,

Yours sincerely,



Fr. A. Amaladoss SJ  
Principal

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