



KCT's KRISHNA SCHOOL, KARAD

Date:20/08/2020

Circular No. ACAD/2020-21/41

Healthy Greetings To All.

Fit India Freedom Run from 15th August to 2nd October 2020

CBSE in association with Fit India has been conducting various activities for the overall physical, emotional, and mental well-being of our stakeholders especially the school students.

With the motto "RUNNING: The human body's most raw form of FREEDOM", Fit India Movement is to encourage fitness and help all the citizens to get freedom from obesity, laziness, stress, anxiety, diseases etc.

The concept behind this run is that "It can be run anywhere, anytime!"

Participants

- ☑ Run a route of their choice, at a time that suits them.
- ☑ Break-up your runs.
- ☑ Run their own race at their own pace.
- ☑ Track kms manually .

Dear students do the above activity and send your pics to your PE Teacher.

IGNITING YOUNG MINDS

Snehal Atul Nikumbh
Principal
KCT's Krishna School, Karad