

BHARATIYA VIDYA BHAVAN'S PUBLIC SCHOOL
BHEL TOWNSHIP: R C PURAM: HYDERABAD-32
CIRCULAR

28th August 2020

Negative is the new Positive

Dear Students,

The new situation has given a new opportunity for all of us to rediscover ourselves, our families, nature etc. The regular activity of preparing oneself early in the morning, walking or cycling to school or pillion riding with your parents may have been severely hampered but it has given you more time for exploring your innate talents.

Be active, be fit by exercising in the following ways :

Participate in the Fit India Freedom Run

“RUNNING: The human body's most raw form of FREEDOM”

Fit India Movement is conducting Fit India Freedom Run from 15th August – 2nd October 2020 to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. The concept behind this run is that “It can be run anywhere, anytime!”. You can-

- Run/Walk a route of your choice, at a time that suits you.
- Break-up your runs.
- Run your own race at your pace.
- Track your kms manually or by using any tracking app or GPS watch.

You may participate along with your parents and siblings. Take a picture while walking/running and post all their details along with the photograph in the below link and school shall upload it in the Fit India website. This activity shall help you to be fit and also earn a certificate from Fit India.

https://docs.google.com/forms/d/e/1FAIpQLSdhCRdAD6gl3QUWNee6cKE57DTOWvN82pTdougBKLYxQnNmig/viewform?usp=sf_link

PRINCIPAL