



Circular No: RIS 20-21/ 33

Date: 25<sup>th</sup> August 2020

Dear Rabiharian Parent'

It is to reiterate that Physical activity in any form is a great way to keep children physically healthy as well as improving their mental wellbeing. Research shows that doing exercise influences the release and uptake of feel-good chemicals called endorphins in the brain. Even a short burst of 10 minutes physical activities positively increases mental alertness, energy and mood.

We have already initiated online/virtual classes for students, it is equally important to invest in their overall physical, emotional and mental well-being at home during this period. Keeping this in mind we are sharing some of the links which will include simple actionable tips around Basic Exercises, Nutrition, Yoga & Meditation, boosting immunity etc.

Sharing few of the links to keep yourself and the family active, fit and healthy

- ✚ Energizing workout for kids - <https://www.youtube.com/watch?v=sqlGAZm-DVs>
- ✚ Healthy eating by Pooja Makhija - <https://www.youtube.com/watch?v=V3GyKLhIhxg>
- ✚ Tufail Qureshi fun workout for children - <https://www.youtube.com/watch?v=le-dU4wisIY>
- ✚ Aerobic - [https://www.youtube.com/watch?v=0xpp7qT5k\\_M](https://www.youtube.com/watch?v=0xpp7qT5k_M)
- ✚ Exercise - <https://www.youtube.com/watch?v=2DCWeH9lloY>
- ✚ Seated posture - <https://www.youtube.com/watch?v=mh7xqZ14f0M>

You can also subscribe to the Fit India movement by clicking the following link :-  
[https://www.youtube.com/channel/UCQtxCmXhApXDBfV59\\_JNagA?view\\_as=subscriber](https://www.youtube.com/channel/UCQtxCmXhApXDBfV59_JNagA?view_as=subscriber)

Regards

Principal