



Circular number: 2020-21/RIS-53

Date: 15th December 2020

Dear Parents

Greetings from Rasbihari!

For any society or Nation to progress, it's important that their citizens are physically fit. The challenges of the modern day life has brought along with it the need to be more physically proactive and fit in order to face its challenges with optimum energy and positivity. Fit children are able to handle day-to-day physical and emotional challenges better. However, for a holistic and intrinsically healthy lifestyle, awareness and support for fitness movement is more essential than ever.

On 29 Aug 2019, the Honorable Prime Minister launched nation-wide "Fit India Movement" aimed to encourage people to inculcate physical activity and sports in their everyday lives and daily routine. So as to take this mission forward, RIS has decided to organize fitness sessions for parents. It will help to alter this behaviour from 'Passive Screen time' to 'Active Field time' and the aim of the objective is to develop Sports Quotient among all the students to achieve a healthy lifestyle. Such movement will also in still in students the understanding for regular physical activity and higher levels of fitness enhancing in them self-esteem and confidence.

Based on the above, Rasbihari International School is conducting sports activities for the parents of our students. The details are given below:

Participants FOR PARENTS ONLY

Grade	Day	Date	Time	Activity	Resource person
6	Friday	18 th December 2020	9:00 to 9:30 am	Zumba	Keval Sir
7	Saturday	19 th December 2020	9:00 to 9:30 am	Zumba	Keval Sir
8	Saturday	19 th December 2020	9:00 to 9:30 am	Yoga	Yashshree mam
9	Wednesday	16 th December 2020	9:00 to 9:30 am	Yoga	Yashshree mam
10	Friday	18 th December 2020	9:00 to 9:30 am	Yoga	Yashshree mam

Regards

Rasbihari International School