

Circular for Parents of Classes VI to VIII Session 2021-22

SIS/COMP- SEP 10/2021
September 24, 2021

Subject: Webinar on 'Importance of Sports and Physical Fitness'

Dear Parent
Namaste

We are happy to invite students of Classes VI - VIII to a webinar being organized by Yi, Indore on the topic 'Importance of Sports and Physical Fitness' on **Thursday September 30, 2021 from 3.00 - 4.00 pm.**

The webinar will be conducted by Mr. Shreyans Gupta (Marathon Trainer) who believes that there are no boundaries to what one can achieve, provided one receives and follows the right guidance. His running accomplishments made him realize the importance of structured training. This is what encouraged him to become a coach; to be able to provide the same structure to other runners in their running journey, even as he continues to chase his own dreams in distance running. He wants every person to realize what their bodies and minds are really capable of and then push them to achieve what they might feel isn't possible.

Kindly motivate your ward to participate in this webinar by filling in the form posted on google classrooms. We are sure he / she will learn some important lessons about fitness and healthy lifestyles from this webinar.

Kind regards
Dr. Lalita Singh
Principal