

Dear Parents

In this time of pandemic and restricted movement for children in particular, maintenance of their physical fitness is indeed of utmost importance. Towards this endeavour, we are incorporating Friday morning CTIP with fitness programs. While every effort to make this feasible is being made, we need your assistance in ensuring that the directions given are being followed sincerely. To ensure the correct posture etc., we also require that children switch the cameras on so that the whole idea of conducting these morning fitness routines is fruitful and monitored properly.

Breathing exercises are easy to do and we welcome you to join the warm up and yoga sessions being conducted. Do ensure that a little space is made to enable to students to follow the practices being guided. It just requires a little bit of planning and preparation on your side. The PE department has constructed these routines, bearing in mind the physical space constraints that many may face. However, we will require your complete support in implementing these routines. Once this arrangement is made, it becomes easier to follow over longer periods of time. As suggested, some of these stretching and breathing activities, which are short and quick, may also be practised by the students in between their breaks allowing themselves to relax and rejoin the class with better focus. These may be followed not only now but also later so that they become a part of our lifestyles.

We are also delighted to let you know that Sanskriti School has registered itself with *Khelo India*, a Government of India initiative. The Physical Education Department is trying its best to monitor the fitness of participants virtually through workouts and exercises. We request that some equipment like a skipping rope be made available to the participants.

We also request that you monitor and allow access when the students may be asked to switch on their cameras for the department to supervise the exercises. Parents are welcome to join.

You have been a tremendous support for academic lessons and we cannot reiterate enough how much we require your cooperation in ensuring the success of this program as well. We look forward to your enthusiastic participation as well.

Let us ensure that despite the constraints all Sanskritians are fit and healthy and ready to take on challenges that might come their way.

For more information you can log on to <http://schoolfitness.kheloindia.gov.in/>

Regards
Principal