

**12<sup>th</sup> July, 2022**

**Dear Parents,  
Greetings to you,**

**“A Healthy mind resides in a Healthy Body”**

The saying given above is very apt & true. With the kind of polluted environment we live in today, it is very important for us & our children to do regular physical activity.

With this aim & purpose in mind we have given our students activities like Swimming & Martial Art.

Martial Art also teaches the students self defense techniques which come in handy when one faces any emergency situation.

We hereby wish to state that a large number of students are not availing these facilities as they are not bringing their Swimming Costume nor their Martial Art Kits.

Kindly ensure that your ward carries the appropriate kits to participate in these activities failing which these activities might be suspended.

We seek your support & cooperation for the same

**Thanking You,  
Regards,**

**Mrs. Archana Pal Singh  
Principal**