



**RJ MANTRA ENGLISH SCHOOL**  
Idhayam Rajendran Charities  
Virudhunagar

Dear parents, To keep your ward physically fit the council has taken the initiative with the help of some experts who will give useful tips for fitness. It starts from 20th April at 9.30 a.m. The link is given in our website. Kindly make use of it.

[https://www.youtube.com/channel/UCQtxCmXhApXDBfV59\\_JNagA?view\\_as=subscriber](https://www.youtube.com/channel/UCQtxCmXhApXDBfV59_JNagA?view_as=subscriber)

-Facebook: @FitIndiaOff

Instagram: @fitindiaoff

**Programme Schedule**

<b>Day</b>	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Coach</b>	<b>Expertise</b>	<b>Topic</b>
Mon	Day 1	20th April	09:30 am	Heena Bhimani	Yoga	Yoga for school children
Tues	Day 2	21st April	09:30 am	Ronak Gajjar	Meditation	Breathing right and intro to meditation
Wed	Day 3	22nd April	09:30 am	Tufail Qureshi	Fitness Trainer	Fun Workout for Children
Thur	Day 4	23rd April	09:30 am	Pooja Makhija	Child Nutrition	Eating right
Fri	Day 5	24th April	09:30 am	Luke Coutinho	Holistic Lifestyle Coach	Tips for healthy body & mind
<b>Weekend Break</b>						
Mon	Day 6	27th April	09:30 am	Dr Bhushan Shukla	Child Psychiatrist	Mental wellness for development
Tues	Day 7	28th April	09:30 am	Wanitha Ashok	Fitness Trainer	Games based training
Wed	Day 8	29th April	09:30 am	Dr. Rajat Chauhan	Sports and Injuries	Building muscles correctly
Thur	Day 9	30th April	09:30 am	Arooshi Garg	Child Nutrition	What should be in your tiffin box?
Fri	Day 10	1st May	09:30 am	Sheetal Tewari	Yoga	Yoga and stretching
<b>Weekend Break</b>						
Mon	Day 11	4th May	09:30 am	Dr Bhushan Shukla	Child Psychiatrist	Mental wellness for development
Tues	Day 12	5th May	09:30 am	Parwage Alam	Running Coach	Boosting your stamina
Wed	Day 13	6th May	09:30 am	Yasmin K	Fitness Guru	Easy workout tips for children
Thur	Day 14	7th May	09:30 am	TBC	Session for children with special care	Session for children with special care
Fri	Day 15	8th May	09:30 am	TBC	Fitness	Inspirational talk on imp of Fitness / Fitness demo

Principal,

A.Rajini

RJ MANTRA ENGLISH SCHOOL,  
VILLIPATHIRI CHINNAVALLIKULAM ROAD

VIRUDHUNAGAR - 626001.

