

**DAV PUBLIC SCHOOL**  
BRS NAGAR, LUDHIANA

Dear Parents  
Greetings!

Dated: 03/07/2020

**Subject- ‘Keep Moving Movement’ sessions for class IX and X**

Hope you and your family members are safe and doing well.

The school is doing sincere efforts in making the situation out of COVID-19 less intimidating for its students. The students from Nursery to class XII are kept gainfully engaged in their academic work, co-curricular activities and online assessments and competitions. In spite of all the efforts being made, one aspect that has been put on the back burner presently, is the development of social/behavioural skills. These life skills come either with social interactions which of course have been jeopardised due to loss of physical interaction between the teacher and the taught or through parental/family guidance.

The loud laughter, the naughty giggles, the heart to heart conversations, the subject related group discussions, the running around in corridors, the daily greetings, Hi!s, hellos and high fives- all these seemingly little things do improve the social behaviour.

For handling this aspect as well, I wish to introduce our children of class IX and X to the ‘**Keep Moving Movement**’ initiated by **Life Skill Foundation, Pune**. (<https://mykmm.org>). The objective of this initiative is to create a culture of inspiration that aims at empowering the students with attitudes to excel. The **seven life mentoring training sessions** are scheduled to be held from **8<sup>th</sup> July to 30<sup>th</sup> September, 2020**. The **free of cost sessions** which will be of **40 minutes duration** each, every alternate week, are all about sharing experiences, learning from successful role models, co-creating methods to inspire a fulfilling life. No instructions, no idealistic lectures. It’s just pragmatically breaking out of comfort zones, discovering, achieving and maximising the potential. **The sessions promise to provide nuggets of leadership, collaboration, creativity, communication, critical thinking, problem solving, study techniques, persistence, self discipline, curiosity and adaptability to our children.**

I seek your kind support by making your son/daughter attend the seven sessions by the mentors from the 'Keep Moving Movement' un-interruptedly. The link for the sessions will be shared well in advance in the class WhatsApp groups.

Let our children **imbibe the culture of inspired living- called life school**. Who knows, these sessions could be the turning points in the lives of our children!

Thanks and regards

Educationally yours

Jaswinder K Sidhu  
Principal