

Circular / 45 / 21-22

Date: 06/10/2021

Dear Parents / Staff Members

Greetings of the Day!

We are launching a campaign **#MoveforMentalHealth** to raise awareness on this year's **World Mental Health day** which is Oct 10<sup>th</sup> 2021.

This event will be named as **Move n' Improve** and participants will be our **Parents and Staff members**.

- This will be an individual event where anyone of you can participate by **WALKING/RUNNING/CYCLING**
- This program will be a virtual monitored activity.

**Steps to be Followed by the participants>**

- a. Have Strava app (or any other exercise monitoring app) installed in your devices. (from play store/ios)
- b. Participate in the event by **walking OR running OR Cycling** on any day between **08 - 10 October**. Map your individual activity routes through the Strava app.
- c. You can choose any time during the day for your activity till midnight of **10<sup>th</sup> October**.
- d. Once your activity of the day is completed, post the **summary & your selfie along with the route map** (from the activity summary of app) on the google form link: <https://forms.gle/1rq3Gp9dvYUJrehe7>
- e. On 10<sup>th</sup> Oct **2021** post the summary of your activity along with your post work out selfie & route map on your social media with a hashtags **#WorldMentalHealthDay #moveforMentalHealth #movenimprove #RESJ #ryanedunationschooljaipur**
- f. Everyone's activity summary will be reviewed end of the event on **11<sup>th</sup> October** and the result will be published.
- g. One who does the **maximum distance cumulative** will be the winner.

**Imp Note: Total steps count during the daytime in your Fitbit, and other step tracker apps will not be counted for this.**

In case of any questions or clarifications, feel free to get in touch with PratibhaRathore @ 9929477332

**Best regards,  
Ryan Edunation School**



Mr. Anuraag Sharma  
(Principal)