

Action
Changes
Things

ADAMAS
CLASS IX
students

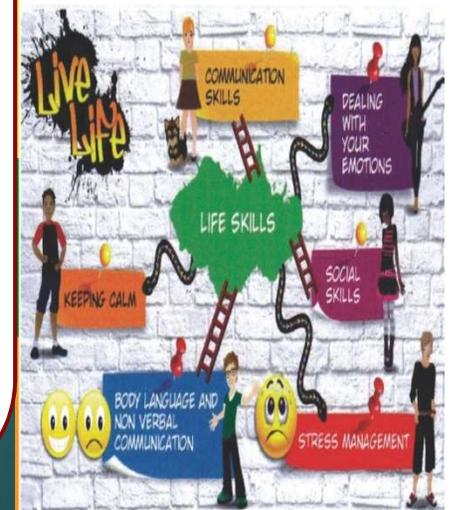
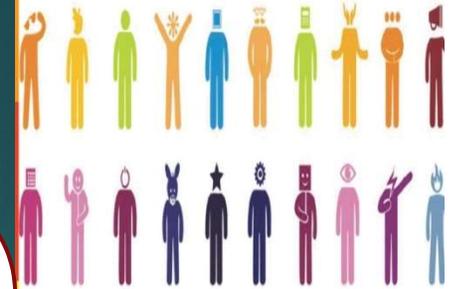
FIT FORWARD Fighting Fear with Focus & Fun

Proactive approach in
Pandemic
Enabling and Empowering
our students
to be their best
FIT MIND & FIT BODY

10th June 2021 10 :00 am to 11.30 pm
ZOOM, Meeting ID: 983 0606 8995
Passcode: 266355



Enable Empower Energize



HOW DO YOU WANT TO FEEL TODAY?

LIFE SKILLS

EMPOWERING YOUNG MINDS



Let us discover our true power !

RESPOND TO PANDEMIC

**FUN ACTIVITIES TO BUILD
SKILLS**

**HANDLE MIND BODY
WELLNESS**

Salony Priya

Founder Director UMMEED

Positive psychologist, Therapist , Coach ,
Parenting expert ,Life skills & HR Trainer

Education Consultant

