​​**Welcome Note for the Event**

**StayFit@Home - 25th November 2020**

### Good Afternoon everyone!!!

### A warm welcome to all the members and guests for this event.

A very warm welcome to our guest speaker - Ms. Bhavna Harchandrai- an Internationally Certified Fitness Instructor.

### Are you wondering how you’ll work out while stuck at home? As we band together to commit to staying safe, we will need to make some adjustments for life at home to feel more normal.

### It is more important than ever to find ways to stay physically fit and mentally strong. Fortunately, you don’t need a gym or exercise equipment to stay in shape.

### Today, Ms.  Harchandrai will take us through a full-body fitness session using things commonly found at home. Let’s all gear up for a fun workout session!

### Before we begin, I would like to present Ms.  Harchandrai   an E-Certificate from Grow Trees consisting of a thicket of 5 trees planted in your honour as a token of gratitude on behalf of the IMC Ladies' Wing.

### Also, here's presenting the Health & Holistic Committee for the year 2020-21.

### Thank You.

### I would now request Ms. Reena Rupani – Member of the Health & Holistic Committee to take the programme further by introducing our esteemed guest speakers.

**Thank You Note for the Event**

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A healthy lifestyle is something we refine over time, not overnight.

Throughout this time of uncertainty, something we can take control is of our health and wellbeing. So, whatever our situation is let’s try to keep ourselves active.

On behalf of the IMC Ladies’ Wing, I take great pleasure in extending the vote of thanks to our esteemed guest speaker – Ms. Bhavna Harchandrai for absolutely erudite and exciting workout session.

We can now all exercise at home without any professional equipment, just with props like chair, water bottle, old tie, etc. Let’s exercise and [keep our immune system working effectively](https://www.cambridge.org/core/services/aop-cambridge-core/content/view/5DFC2F09C558BB192260B6F546584536/S0029665110001795a.pdf/physical_activity_immunity_and_infection.pdf).

We are grateful to you for being with us today and sparing time from your schedule.

Big thank you, to the members of the Health & Holistic Committee for conceptualizing the event.

My sincere gratitude to our members and guests for attending the event.

 Before we end, I would like to inform you all about our next event - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to be held on Wednesday, 9th December, 2020 at 3.30 pm on zoom. We hope to see you all for the event.

Thank You.