

**CIRCULAR FOR PARENTS**

**Ref No-** Cir/RBS/2017-18/No.72

Date- 26/02/18

**To:** Parents (Class 1 to Class 6)

**From:** The Principal

**Subject:** Expert Workshop on "Nutrition and Growth of Children" for Parents

Dear Parents,

Greetings!!

We are pleased to invite you for an Expert Workshop on '**Nutrition and Growth of Children**' for Parents facilitating them to understand the importance of proper nutrition and balanced diet for the overall growth of children in the early years. We would request all the parents of Class 1 to Class 6 to be present for the workshop. The workshop will be conducted by Ms. Sohini Shah who is a professional Dietitian and Nutritionist.

*Ms. Sohini Shah is is a Registered Dietitian and Nutritionist. She has graduated with a degree in Food Sciences and Human Nutrition with a specialization in Dietetics from the USA. She has gained an extensive clinical experience working in the dietetics department at one of the finest medical centers in Chicago, Loyola University Medical Centre. She has been practicing in Ahmedabad since 2010. She regularly counsels individuals for weight management, medical conditions such as diabetes, hypertension, sports nutrition, pediatric nutrition and many more. Her nutrition knowledge and enthusiasm makes eating healthy a delicious, and exciting experience! According to her, there is no such thing as the "perfect diet", it is simply about finding balance and making smart, informed food choices most of the time.*

**Please find the details of the workshop below:**

**Venue:** Ahmedabad Management Association (AMA), ATIRA Campus, Vastrapur

**Date:** 10<sup>th</sup> March, 2018, Saturday

**Time:** 9:30 am to 11:00 am

Kindly take your seats by **9:15 am** so that the workshop can start on time.

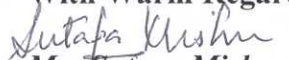
**Note: There is no provision to accommodate children in the AMA campus and hence kindly do not bring them for the workshop.**

Due to limited room capacity we **request participation of any one parent.**

Kindly send your confirmation latest by 28<sup>th</sup> February 2018, Wednesday

Thanking You,

With Warm Regards,

  
Mrs. Sutapa Mishra

The Principal

Redbricks School (Class 1 to Class 6)