



# **SAN ACADEMY, PALLIKARANAI**

## **SILAMBAM GRADING CEREMONY**

**“ Be a masterpiece and a work in progress simultaneously. “**

Dear Parents,

SAN ACADEMY, strongly believes in the holistic development of the children. Adhering to this belief, we provide the best to our students. To this the martial arts contribute an important role. This art not only improves the physical health but also develops the concentration, proves betterment in memory power and shows significant support in academic growth.

**Silambam** is an ancient martial art which helps to develop the memory power. It makes the student feel emotionally and physically stable. Moreover, this will enable them to tend to be more focused and concentrated in their class. Silambam enhances the muscular system of the body. This martial art enables one's muscles to coordinate well as it contracts and relaxes simultaneously when performing Silambam. This will prevent them from suffering muscle cramps and also make the body to be more agile and flexible.

With great pleasure, we welcome you all for our **“Silambam Grading Ceremony”**, which will be held on **17.02.2024**, Saturday at our school premises.

<b>S.NO</b>	<b>Class</b>	<b>Timing</b>	<b>Reporting Time</b>
1	I A,B,C,D	8.30a.m. to 10.00a.m.	08.00 a.m.
2	II A,B,C,D	10.00a.m. to 11.30a.m.	09.30 a.m.
3	III A,B,C,D&IVA,B,C,D	11.30a.m. to 01.00 p.m.	11.00 a.m.
4	V A,B,C,D & VI A,B,C,D,E,F	01.30p.m. to 3.30p.m.	01.00 p.m.
5	VII A,B,C,D,E,F & VIII A,B,C,D,E IX A,B,C,D	03.30p.m. to 5.30p.m.	03.00 p.m.

### **Things to be duly noted by the Parents,**

- 1) Students should come in White plain t-shirt, white track pants and red shawl.
- 2) Students must wear their ID card.
- 3) Students should carry sufficient water and healthy snacks.
- 4) School transport will not ply on **17.02.2024** (Saturday).
- 5) Parents have to pick their ward once after the completion of the ceremony.

**Silambam students will be awarded with the Grading certificates on the same day.**

*As always, our parents are welcome to be the active encouraging spectators.*

Warm Regards,

Mrs. Hemalatha Sooryanarayanan

Principal

San Academy, Pallikaranai.