



WESTERN INDIA  
REGIONAL COUNCIL

**THE INSTITUTE OF  
Company Secretaries Of India**  
भारतीय कम्पनी सचिव संस्थान  
IN PURSUIT OF PROFESSIONAL EXCELLENCE  
Statutory body under an Act of Parliament  
(Under the jurisdiction of Ministry of Corporate Affairs)  
13, 56 & 57, 1<sup>st</sup> & 5<sup>th</sup> floor, Jolly Maker Chamber No. 2,  
Nariman Point, Mumbai - 400 021  
022- 61307900 | wiro@icsi.edu | www.icsi.edu

## Organizes Webinar Series of 23 Sessions under an initiative of “FIT BODY - FIT MIND”



**Mr Ritesh  
Shinde**

(Fitness Coach)

Many of us are familiar with the saying, ‘Healthy body, Healthy mind.’ The relationship is symbiotic. However, most of us tend to pay more attention to one than the other, failing to see the connection between the two. There are those who will spend hours exercising the body without paying any attention whatsoever to mind and soul, while others are so busy caring for the soul that they do not pay any attention to the body hosting it.

In continuation of the growing realization that mind and body are interconnected, more and more fitness experts are now actively promoting mind-body exercises in order to get better results on the physical plane. The explanation offered is that if we use both hemispheres of our brain, we would stimulate our body much more and therefore we will be able to achieve more. So, if we create vivid visual images while performing a physical activity, the effect of the activity will be more profound.

**DATE**  
24.05.2021 to 16.06.2021

**DAILY TIME**  
06.30 am to 07.30 am

**“23 days Fitness task cum fitness drive challenge”**  
Daily different from home workouts - virtually

**MAY**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24	25	26	27	28	29	30
31						

# JUNE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16				

## SPECIAL SUNDAYS

Sr. No	Day & Date	Time	Topic
1	Sunday, May 30, 2021	10.00 am	Live Session on Five Most Important Pillars of Health
2	Sunday, June 06, 2021	10.00 am	Myths about Diets, Nutrition & Weight management
3	Sunday, June 13, 2021	Rest day	Rest day

### FOR REGISTRATION

Members need to register through the below link -  
<https://forms.gle/qkxr5FEF4bjzc428A>

URL Link for joining the '**23 days Fitness task cum fitness drive challenge**' will be sent separately to the registered delegates after the registration.

**Link of exercise shall be available one day in advance on WIRC Child portal on**

<https://www.icsi.edu/wiro/fit-body-fit-mind/>

All registered delegates are requested to visit above link daily in the evening after 6 PM for next day's exercise schedule

In case of any clarifications please contact -  
**Ms. Archana Sawant, Executive Assistant at [archana.sawant@icsi.edu](mailto:archana.sawant@icsi.edu)**

#### Disclaimer:

Member & Students are requested to take prior advice from their doctor for joining this ICSI-WIRC initiative of FIT BODY- FIND MIND series for their Preexisting /existing diseases/ illness / health issues. ICSI-WIRC will not be liable for any mishappening of health issue of registered delegates.

### WITH REGARDS

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