



SALWAN PUBLIC SCHOOL, RAJENDRA NAGAR

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Subject: Invitation to Enroll Your Ward in the Heartfulness Programme Classes IV, V, VI & VII

SPS/19 /2024

3rd April, 2024

Dear Parent

In today's fast-paced and interconnected world, where stress, anxiety, and distractions abound, Heartfulness offers a beacon of tranquility and inner peace. In a landscape dominated by digital noise and constant stimulation, Heartfulness provides a sanctuary for individuals to reconnect with themselves, fostering mental clarity, emotional resilience, and holistic well-being.

The Salwan Public School cordially invites you to register your child for the Heartfulness Programme, a life-changing path towards mental clarity, emotional calm, and overall wellbeing.

Programme Overview:

Duration: 5 days

Objective: Enhancing mental well-being and cognitive skills.

Activities: Circle time, Mindfulness exercises, cognitive games, stress management techniques through breathing exercises, blind fold activities, Memory games and more.

Cost:

The cost for the entire five-day Brighter Mind session is Rs.600/-. This fee covers all materials, Brighter Mind Kits, and refreshment. Payment to be made by cheque in favour of Salwan Public School.

Registration Deadline:

Please note that the registration deadline for the Brighter Mind sessions is 6th April 2024 and entirely on first come first serve basis. Kindly ensure timely registration to secure your child's spot in the programme.

Link for registration: <https://forms.gle/orc1zr14fknbhmn9>

Regards

Priyanka Barara

Principal