

Bharatiya Vidya Bhavan Vidyashram Pratap Nagar Jaipur

BV BV/PN/Y22-23/CIR054

Circular

Dated : 19.01.2023

Dear Parents,

In this fast-paced competitive environment, educational institutions have the primary responsibility to not only inspire their students to excel academically but to equip students with practical tools and techniques to be creative, productive, confident and self-assured.

To enhance the students' mental and physical prowess - concentration, focus, overall health and fitness; make them more dynamic and innovative in nature, school is holding Meditation and Life Skills Training sessions by **Art of Living** for students of different age groups. An introductory session has already been conducted for all the students.

This program is in line with the objectives of National Education Policy (NEP) and will help tremendously in implementing the same by equipping the students with practical tools and processes. These sessions have been empanelled by CBSE as Capacity Building Programs for Middle School and High School Students. Modules in these programs combine mind-body practices and breath-work with interactive discussions, experiential processes and are proven to improve the overall performance of students.

The sessions will be conducted by well-trained resource persons and is scheduled from Monday 6th Feb to 8th Feb 2023 from 8:00 AM (tentatively). The fee for 3 days session is Rs. 2000 but on the request of the school, the organisation has agreed on an amount of **Rs.400**.

Kindly note the program outline:

Session No.	Program	Participants	Duration & Format	Focus Area	Contribution
1.	Medha Yoga Level 1 Program	Class VIII, IX, XI	Format – 3 days, 2.5 hours per day	Life Skills, Mental Health and Adolescent Issues	Rs 400 per participant

Kindly send your consent and amount in this regard latest by Jan 23, 2023 (Monday). The amount has to be sent in sealed and labelled envelope. We want each and every student to be benefitted from it.

[Participation is Optional]

Ajayshree
19/01/2023
(Ajayshree Sharma)
Principal

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Bharatiya Vidya Bhavan Vidyashram Pratap Nagar Jaipur

CONSENT FORM FOR MEDITATION AND MENTAL HEALTH SESSION- 2023

Date _____

We want our ward _____ Class & Sec _____ to participate in the Meditation Session No. and we give our consent for the cost to be borne by us. We also ensure his/her presence in the school during the sessions.

Address _____

Contact No. _____

Parent's Signature: