



SALWAN JUNIOR SCHOOL, NARAINA VIHAR: NEW DELHI -110028
CIRCULAR

Subject: Parent Orientations on New Initiatives (for classes IV-V)

SJS/ 010/ Cir./ 2024-25

Dear Parent,

25th April 2024

We, at SJS, strive to provide learning opportunities to the Salwanians by engaging in holistic activities and projects round the year. To continue this endeavour and to hone the skills and competencies of the students, **the school plans to conduct Orientation Session for the parents of classes IV-V on Saturday, 27.4.24, on Brighter Minds Programme from 10:00 am to 10:40 am.**

The session will provide path breaking learning avenues for the students of the certain age groups and will capture their mind and heart in becoming better learners in the school and at home.

- **Brighter Minds Programme, under Heartfulness Initiative** will provide a wonderful learning opportunity to the Salwanians of classes IV and V by igniting their senses, learning to be aware of their surroundings with their eyes closed. It is world-famous research backed programme by Heartfulness Institute, Hyderabad; known to relive stress, anxiety, and provide positivity and developing growth mindset to our students.
- **It will be a five-day programme for the students who opt for it** to enhance their mental wellbeing and cognitive skills, and will be conducted during summer camp days.
- **Those who opt for this programme, cannot participate in any other summer camp activities,** as it will consume 4 hours a day of their time.
- The activities will include **circle time, mindfulness exercises, cognitive games, stress management techniques through breathing exercises, blind fold activities, memory games and more.**
- **It will be an optional and paid programme which will cost between Rs. 500-600/-** approx. which will include the study materials, kit, and light refreshments for the participants.
- After the Orientation Session of parents on Saturday, a google form will be circulated to all parents on Teams in which you can register your child for the same.

- The dates for the Brighter Minds Programme will be:16th, 17th, 18th, 22nd and 24th May. There is maximum 20 seats; which will be offered on first cum first basis.
- The link to join Orientation Session on Saturday is <https://bit.ly/brighterminds2024>

Looking forward to your presence in the virtual space during the orientation sessions in the virtual space on Saturday and solicit your cooperation, to provide holistic progressive learning opportunities to the Salwanians studying at SJS.

With warm regards,



**Mrs. Sonia Wadhwa
Headmistress
SJS, Naraina**