

**BBPS/KGN/CIR-13/2024-25**

**Date: 30<sup>st</sup> August, 2024**

Dear Parents,

We are pleased to inform you that Sahaj Yoga sessions have been introduced for students of Classes III to V. These sessions are designed to enhance self-realization, concentration, emotional and mental well-being, creativity, and innovation, ultimately supporting your child's focus and success in their studies.

To maximize the benefits, we encourage you to continue practicing at home. Please find the reference video attached for your guidance.

Thank you for your support.

Warm regards,

Dr. Neeru Talwar

Principal