

ANAND VIDYA VIHAR

C/06/27/04/2016

Dear Parent,

AVV intends to organise **Yoga sessions for parents** of AVVites and **Meditation Workshop for students** from **6th June 2016 to 10th June 2016 from 9:00am to 10:00am** in the school premises.

The **Yoga session** is expected to develop and rejuvenate interpersonal relationships. The same can then be imbibed in the wards on a regular basis. Please carry a napkin, yoga mat and water bottle. The yoga session is free of cost.

The **Meditation Workshop** would be celebrated through music and dance with fun and in a playful way to sharpen memory, improve concentration, reduce stress and be relaxed. Students will have to pay Rs.250/- each to their concerned teacher.

All interested parents and students are requested to send their consent by 28/04/2016.

Interim Principal

CONSENT SLIP FOR CAREER ACTIVITY SESSION

I, parent of _____ of Class _____ am **willing to participate / let my ward participate** in the **Yoga session / Meditation Workshop**. The necessary amount of Rs.250/- (for Meditation Workshop) is submitted herewith to the concerned teacher.

NAME AND SIGNATURE OF PARENT

DATE