



SALWAN PUBLIC SCHOOL, RAJENDRA NAGAR

PT. GIRDHARI LAL SALWAN MARG, RAJENDRA NAGAR, NEW DELHI-110060

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Subject:- In-House Brighter Minds Programme Classes III-VI

SPS/ 1100 /2026

17.3.2026

Dear Parents

We are pleased to inform you that our school will be conducting the Brighter Minds Programme for students. The programme is being organised in collaboration with the Heartfulness Education Trust (HET) and aims to enhance children's focus, creativity, memory, and emotional balance through engaging and mindful activities.

The sessions will be conducted by trained facilitators and will include meditation, focused exercises, brain activities, and other interactive learning experiences designed for the holistic development of students.

Programme Details

Start Date: 18th March onwards

Timings: 8:30 AM – 10:00 AM

Venue: School Campus

Refreshments: Light refreshments will be provided after the session.

Students are requested to report to school by 8:25 AM, as the programme will begin sharp at 8:30 AM. The dispersal will be at 10:00 AM after the session and refreshments.

Mode of Payment: The fee of ₹600 can be paid online through the School Fee Portal / Edunext under the 'Brighter Minds Programme' or 'Miscellaneous' fee section.

Last Date for Payment: 24th March 2026

Parents are requested to complete the payment within the stipulated time to confirm their child's participation in the programme.

We look forward to your cooperation in making this programme a meaningful learning experience for the students.

DAY	Activity
Day 1	Orientation and Circle Time: Gratitude, Affirmations & Positive Visualizations
Day 2	Brighter Minds Brain Activities – Focus, Memory, Attention Exercises and Meditation session
Day 3	Cognitive Activities – Logic Puzzles, Creativity Boosters, Team Challenges and meditation sessions
Day 4	Motivational Video & Dance Energizer – Mindful Movement, meditation followed by sensory augmentation activities using Brighter Minds Kit
Day 5	Breathing & Eye-Ball Exercises, , meditation followed by sensory augmentation activities using Brighter Minds Kit

Regards

Priyanka Barara
Principal