



Estd. 1953

# BIRLA SHISHU VIHAR

A Prestigious Day School for Boys and Girls  
(Affiliated to CBSE, New Delhi No: 1730263, School No: 10606)  
(A Birla Education Trust, Pilani Institution)  
Website: [www.bsvpilani.edu.in](http://www.bsvpilani.edu.in)



Circular No..008

6<sup>th</sup> April' 26

Kind-Attention: All Concerned  
From: Principal

## Break the Noise, and Find Your Voice- a session on Mindfulness & Wellbeing of students

Dear Colleagues,

Three sessions on *Mindfulness & Wellbeing* of the students of class- VIII- IX & X of Birla Shishu Vihar is scheduled to be held on April 8-9-10.

Proposed sessions will be conducted in three batches by *Ms. Angira Chakravorty Dasgupta, founder of Healing Rhythim, Kolkatta.*

Four hours module for each batch (class wise) per day from 8 am- 12 pm will be conducted at the auditorium of Birla Balika Vidyapeeth.

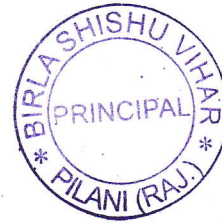
Students will be escorted by Mrs. Namita Pareek & Dr. Divya Mudgal. Mrs. Namita Pareek is to liaison with Mrs. Bhawna Bhargava, the program coordinator, BBV from here onwards. Timely reporting and dispersal of students from BBV are to be monitored strictly. Students are to wear formal school uniform. (house dress not allowed).

Escort teachers are expected to attend the session to adopt the approach and extend it further with other behavioural students.

Bursar, BSV: Please provide snacks to students & escorts each day.

Thanks.

With regards,



(PAVAN VASHISHTHA)  
PRINCIPAL

CC: Principal, BBV  
Bhawna Bhargava, BBV  
Internal: Academic Coordinators  
Bursar & Escort  
Class/Subject Teachers (VIII-IX-X)

**"The illiterate of the 21<sup>st</sup> century will not be those who cannot read and write,  
But those who cannot learn, unlearn, and relearn." ...By - Alvin Toffler**



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