

Date: 06.04.2016

BHS/CIR-01/16-17

CIRCULAR TO PARENTS
YOGA

Research has shown that Yoga offers an effective solution to problems that arise in children. Regular Yoga makes them more focussed. It improves intelligence and memory and contributes to the overall development of the personality.

Parents who wish to enrol their wards for the Yoga classes for the session 2016-17 are requested to note the following:-

1. **No extra fees will be charged for these classes.**
2. The Yoga classes will be held on Monday/Tuesday from 1:50 p.m. to 2:40 p.m.
3. Parents are required to make their own arrangements to take their wards home after the Yoga classes.
4. Students who join these classes may bring extra tiffin with them.
5. Class I is not eligible for Yoga classes. Only boys of classes II, III, IV and V can enrol.
6. Old yoga students are also required to fill in the form below & submit the same to the school office on Friday (08.04.2016)
7. Fresh applicants must fill in the form below & submit the same to the school office by Friday (08.04.2016)

(L. Saigal)
Headmistress

Dear Madam,

Please enrol my son Master.....of Class.....
Sec.....in the Yoga classes with effect from April. I shall make arrangements to collect him from School after the class.

Name :

Address:

Phone No.

Blood Group

Tick any one : Old Student / New Applicant

Date:

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Signature of Parent