The MauRya School, Palam Vihar, Gurgaon

Ref. No.: TMS/16/P/97 (Circular for Classes IX to XII) Date: 12th July, 2016

Dear Parents

We are organizing ‘A Youth Empowerment Seminar (YES!)’ by the ‘Art of Living’ for our students from 19th to 22nd July during the school hours. This program helps individuals to handle the challenges of studies, goals, emotions and expectations with ease.

Adolescence is a period of transition from childhood to adulthood. This stage poses many challenges and is also full of excitement. Peer pressure, examination stress, expectations from parents and school, relationships, sports, entrance exams are a few of many challenges faced by this age group. How can children cope with everything? The YES! program empowers them physically - through simple yogasanas; mentally and emotionally - through cleansing breathing techniques including Sudarshan Kriya.

The programme includes of team games, interactive processes and group discussions regarding the issues that affect their life: dealing with friendships and relationships, better concentration in studies and to realize their potential.

The students will be able to gain the ability to take the right decisions through the power of Sudarshan Kriya, & overcome nervousness and stage fear with simple techniques. They will learn to love themselves, share with others and handle problems with a smile, instead of a frown!

Their outlook towards life will change and they will see the world from a different point of view.

We urge you to enroll your ward for the YES program. The art of living is conducting the YES program at a special fee valid for schools @ Rs 600 per child.

Kind Regards

Shalini Bajaj
Head of the School

Consent Form

I, the parent of ____________________________ of Class/Sec ______ am sending herewith an amount of Rs. 600/- as the enrolment fee for ‘Youth Empowerment Seminar (YES!)’ by the ‘Art of Living’.

Parent’s Name & Signature ____________________________