

Bharatiya Vidya Bhavan's Vidyashram, K.M. Munshi Marg, Jaipur

Dear Parent,

Greetings !

Stress has become inevitable in today's fast paced life. In order to combat it and give you an overview in leading a healthy life. Vidyashram is organizing a talk on Vipassana Meditation by Prof. P.L. Dhar.

Prof. P.L. Dhar is an Ex-Professor, Department of Mechanical Engineering, IIT (Delhi). He has been a practitioner of Vipassana Meditation for about 30 years and has served as a Vipassana Meditation teacher. He continues to devote his time to study and research on the primary teaching of Buddha and conducting workshops on mindfulness.

Vipassana Meditation is a technique of mental purification through self observation. Its regular practice generates an ability of introspection and fosters positive attitude, approach and thought.

The session would be conducted on November 08, 2014 from 8:00 a.m. to 10:00 a.m. in the school auditorium.

You are requested to kindly send the acknowledgement slip of presence and be seated by 7: 45 a.m.

The session is exclusively for Parents, children are not allowed.

With regards,

Yours sincerely,


(S.V.S. Bhandari)

PRINCIPAL

Dated: 28.10.2014

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Acknowledgement

I _____ father / mother of _____
of class _____ would be / would not be attending the Vipassana Session.

(Parent's Signature)

Date: _____