



SALWAN JUNIOR SCHOOL

Naraina Vihar, New Delhi – 110028



CIRCULAR

Subject: Brighter Minds Programme (for Classes IV–V)

SJS / Circular no. 008/ 2026-27

Date: 30th April 2026

Dear Parent,

We at SJS, strive to provide enriching learning opportunities to our Salwanians by engaging them in holistic activities and meaningful experiences throughout the year. Continuing this endeavour, the school is pleased to offer the **Brighter Minds Programme** for students of Classes IV–V during the Summer Camp.

The session will offer unique and engaging learning experiences for students aged 8–10 years, helping them become better learners both at school and at home.

- The Brighter Minds Programme, under the Heartfulness Initiative, offers a distinctive and enriching learning experience by stimulating lesser-used senses and enhancing awareness of surroundings—even without relying on sight. This globally recognised, research-backed programme by the Heartfulness Institute, Hyderabad, is known for reducing stress and anxiety, fostering positivity, and nurturing a growth mindset in students.
- It will be a **five-day programme** designed to enhance students' mental wellbeing and cognitive skills.
- Students opting for this programme will not be able to participate in any other Summer Camp activities.
- The activities will include circle time, mindfulness exercises, cognitive games, stress management through breathing exercises, blindfold activities, memory games, and more.
- This is an **optional paid programme** costing **₹800/-**, which includes study material, Brighter Minds kit, and light refreshments.
- Interested parents are requested to fill in the form and submit it by **4th May 2026**.
- Please note that seats are limited (**only 20**) and will be allotted on a first-come, first-served basis.

The dates for the Brighter Minds Programme are:

18th May to 22nd May 2026

- To know more about the programme, please refer to the PPT link shared.

Link of PPT: [Heartfulness PPT](#)

- Link to register: <https://forms.office.com/r/DVa2CPQQLU>
- The payment link will be shared with registered participants after the last date of registration. Kindly ensure timely payment so that the required kits and study materials can be arranged in advance.

We look forward to the enthusiastic participation of our students in this enriching programme.

Warm regards,



Mrs. Sonia Wadhwa

Headmistress

Salwan Junior School