



Dear Parent,

With the aim of inculcating sense of security and confidence in our young girls, our school is organizing a transformational workshop which aims at making girl students more aware of their health, demonstrating practical self-defense techniques and building emotional well being. This workshop will be conducted by Dr. Parul Pareek, who is a medical graduate and post graduate in hospital administration followed by Masters of Science in Counseling and family therapy. She provides health education, personality- development and self awareness programs for women.

The workshop will be divided into four modules and will cover all the key areas like menstrual hygiene, relationships, fitness regime, good touch bad touch, body image, mood swings etc.

- The duration of the workshop will be 4 hours for class VI – VIII and 6 Hours for class IX – XI.
- Cost for the same as charged by the organization will be Rs. 150 for students of classes VI – VIII and Rs. 175 for students of classes IX – XI.
- Dates for the workshop will be intimated later after consolidating the responses received.

In case you wish to enroll your child for the workshop, please fill the consent form given below and send it to the Class Teacher by October 6, 2017 along with the registration fees.

Please note **PARTICIPATION IS PURELY VOLUNTARY.**

We look forward to your ward’s enthusiastic participation in the workshop.

*Parul Pareek*

Principal

**Consent Slip**

I \_\_\_\_\_ parent of \_\_\_\_\_ class/sec \_\_\_\_\_

would voluntarily like my ward to attend the workshop conducted by Dr. Parul Pareek. I am sending the charges for the same.

Parent’s signature.....

Date.....