

C 127 (2025-26)

To

Parents of Wholeschool learners

Ref- Invitation to attend - Sound Healing Session on 10th October, 2025

Dear Parents,

At JBCN, we believe mental well-being is as important as academic excellence. As part of our **Mental Health Week celebrations**, we are delighted to extend an invitation to our parent community for a rejuvenating **Sound Healing Session** by our Primary faculty - **Ms. Sapna Doshi**.

Date: 10th October

Time: 11:30 am – 1:00 pm

Venue: Theatre Cafe, Yogi Mansion, JBCN Parel

Registration link: [Sound Healing Session](#)

Please note the last date to register is 30th September, 2025

Sound Healing is a therapeutic practice that uses vibrations and frequencies to bring the mind and body into balance. Research shows that it can:

- Reduce stress and anxiety
- Improve focus and emotional clarity
- Promote deep relaxation and better sleep
- Enhance overall well-being

This initiative reflects our commitment to the mental health of not only our learners and staff but also our **parents**, who are integral partners in our educational journey. We look forward to creating a safe, restorative space where you can pause, reflect, and experience the transformative benefits of sound.

Kindly bring a yoga mat, as the full benefits of the session are best experienced while seated or lying comfortably on the floor.

We warmly invite you to join us and be part of this unique experience.

Warm Regards,

The Management Team
JBCN International School, Parel