



## ITL CELEBRATES WELLNESS

ITL Public school celebrated **Wellness Week** from **29<sup>th</sup> April to 2 May 2019**. The celebration was an endeavor to invoke among students and teachers an understanding of spiritual consciousness, integrating it with physical and mental health to achieve their full potential. Each day of the week had a designated theme aiming for holistic development.

Tiny tots of **class I** participated in *the Active Trail Activity* where they followed a trail by jumping, hopping and walking before reaching the finish line. **Students of class II** were engaged in *Heart's Health Activity* where they closed their eyes to observe their heart beat and performed various breathing exercises. Yoga session organized for students of **class III** helped them understand its positive effects on the mind, body and soul.

The week for the senior students commenced with every day chanting of **OM**, orientation on the various themes of the days and activities on *Invoking Spiritual Consciousness and Building Community Awareness, Yoga and Aerobics, Mindful Eating, Presentation on -Affection of Gadgets to Addiction of Gadgets and a nukkad natak on the magnitude of holistic development of the self.*

Performances of girls from the Bharat Vihar Community, in collaboration with ACTION INDIA, bhajan recitals by the students from the **Home of the Visually Challenged** reaffirmed the faith and propagated that each person has the right to an environment, respect, and dignity and be recognized as the part of the diverse society.

The Chief Guest Mr. Debashish Mukherjee, mentor from the Rama Krishna Mission in his speech spoke about spiritual awareness and amalgamation of mind, body and soul and how it will help in existing and living in this world.

All activities were aligned with the *seven dimensions* of wellness thus creating positive and life-long **social, emotional, spiritual, environmental, occupational, mental, and physical habits** and to reinforce that celebration of wellness is the beginning of realization of one's potential and leading a contented and joyous life.





