



WELLNESS WEEK ORGANISED AT ITL

Organized by: ITL Public School

Venue: School Premises

Attended by: VIII

ITL PUBLIC SCHOOL organized series of activities during the wellness week. The event inspired the students to do in-depth research on various mediation techniques practiced across various countries of the world. The importance of meditation for strengthening the mind and body connection and improving the overall wellbeing were discussed in detail.

The students of class VIII participated in a **PowerPoint presentation** activity on the various types of meditation techniques practiced over the world to evoke consciousness among students regarding the power of meditation. The focus of the presentation was on the meditation techniques like Zen in Japan, Molta in China and Taoist in Tibet and Korea.

Such series of activities generated awareness among young minds about the different forms of meditational techniques and their benefits. The activity also equipped them with expertise on how they could themselves follow some of the techniques to enhance their physical, mental and spiritual health.

