

THEME: Meditation & Health

DATE:- JANUARY 21, 2021

CLASS ON DUTY: III C

TEACHER INCHARGE: MS. RITU SINGHAL

S. NO.	EVENTS	PARTICIPANTS
1.	Gayatri Mantra	Audio played
2.	We Shall Over Come/School Song / School Prayer	Audio played
3.	Event Compering	MANYA
4.	Thought for the day by	SHREYA MEHTA
5.	News Headlines by	VYOM JINDAL
6.	Activity: ➤ YOGA PERFORMANCE	KIMAYA SHARMA
8.	National Anthem	Audio played

Co-Ordinator Ma'am - Ms SAVITA CHHILLAR

Principal Sir: MR. ATUL WADHAWAN

MEDITATION AND HEALTH

While practicing meditation, our heart rate and breathing slows down, blood pressure becomes normal, sweating becomes less and oxygen can be used more efficiently. Moreover, our immune system functions well. In short, meditation is magnificent and effective in temporary stress reduction and long-term health.



Meditation definition

There is no right or wrong definition to meditation. What is true to meditation is that it puts you in contact with your inner and higher self, the part of you that is directly connected with God.

