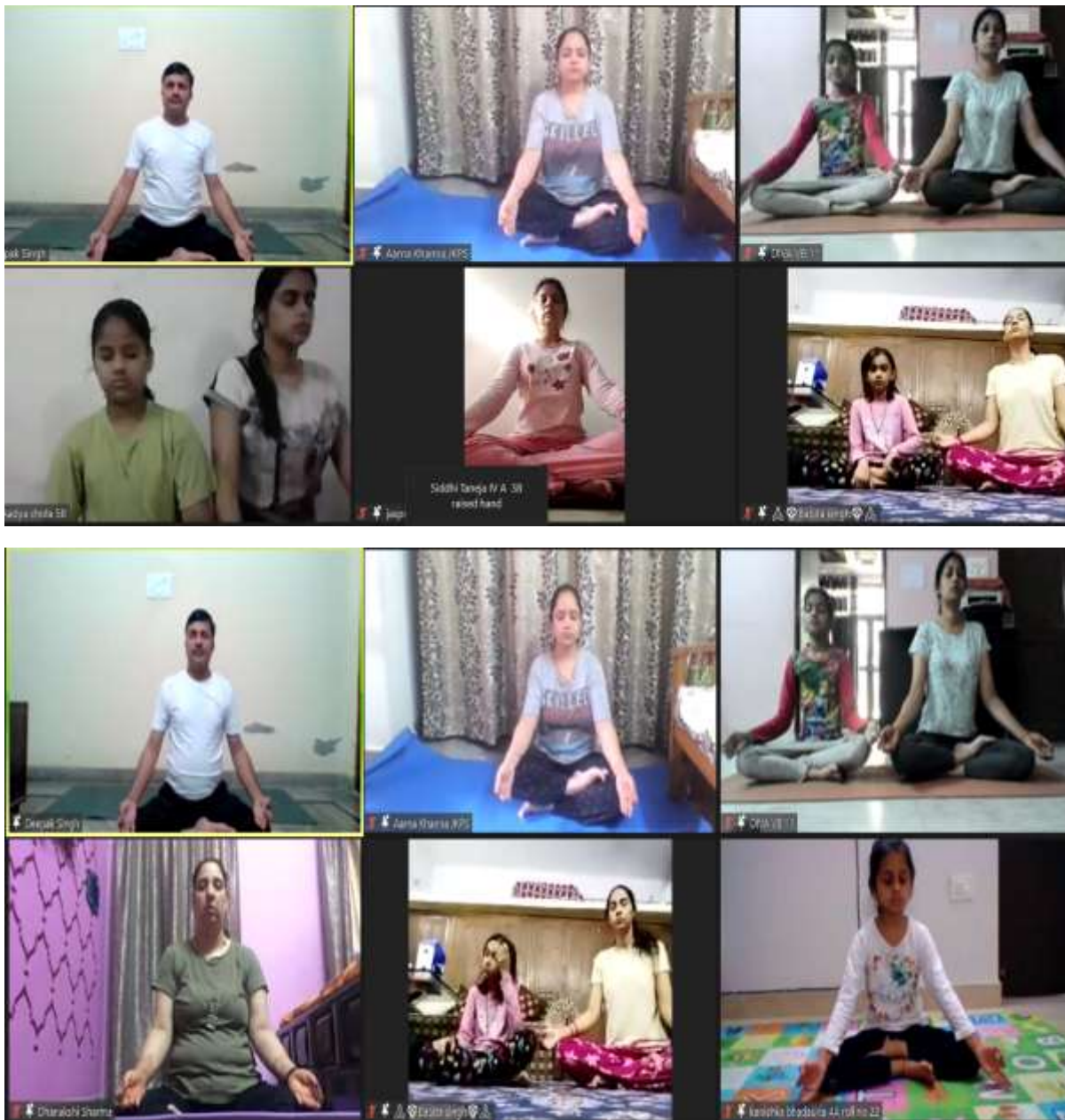
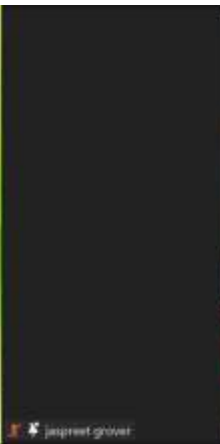


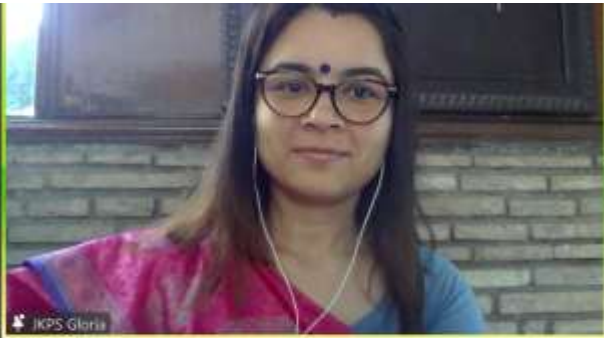
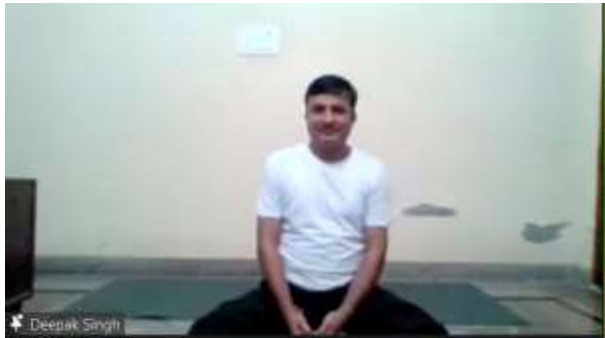
## Wellness Workshop 5.0 - Mindful Now

On 30 October 2021, parents of classes pre-school to V attended *Wellness Workshop 5.0- Mindful Now* which is a part of the Holistic Wellness Program named Chit Chetan. The virtual workshop *Mindful Now* was also an extension of World Mental Health Day which is celebrated on the 10<sup>th</sup> of October every year. The growing pace of life calls for mental tranquillity which every human seeks these days. The mind needs to be processed and de-cluttered repeatedly. Meditation is the best way to slow down life and purge unnecessary thoughts. This process of purgation was taught in the workshop taken by Mr Deepak Singh and Ms Gloria Singh Mohan. Along with breathing and meditation techniques, the benefits of mindfulness were told to the parents. Parents appreciated the school for taking a step to ensure the well-being of the JKPS family. One of the parents said that mental health is the most important subject of the current scenario and should be taken seriously. The workshop ended with a discussion between the Principal and the parents.





Jaspreet grover



Deepak Singh

IKPS Gloria



ASHA SARAN SRIVASTAVA

Aadya chola 5B



Deepak Singh

Rabita singh



Jasjot Kaur 5d

REVANSH ANAND





