

MAGIC OF MEDITATION



**Guru Tegh Bahadur 3rd
Centenary Public School**

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'Young Crusaders', Interact Club of Guru Tegh Bahadur 3rd Centenary Public School conducted a session on Mental Health and Meditation in the school on 3rd December, 2022.

Ministry of Culture in collaboration with Art of Living Foundation has launched a Meditation Campaign for the students.

Dr. Radhika from Art of Living Foundation conducted the session and addressed hundred plus students and teachers with a highly inspirational & interactive talk. She explained to them the physical, mental and emotional benefits of meditation.

She urged everyone to focus on the present and reduce negative thoughts.

It was followed by Relaxed Breathing, Pranayama and Guided Visualization for Meditation. Everyone loved the warmth and ambience and felt some positive vibes gently seeping into the heart and touching the soul.

It was a memorable & enriching session which ended with lots of learning.

Mrs. Madhu Varma

MENTAL HEALTH
AND
MEDITATION
BY
ART OF LIVING



DATE: 03.12.2022

TIME: 8.45- 9.55A.M.

VENUE: A.V. ROOM











Mental Health & Meditation

*Joyful And
Exhilarating
Experience Of
Teachers &
Students After
The Session*

After the meditation session, I felt very light in my head.

Mrs. Divya Kwatra

If you are in the past or future, you are in stress. Be in the present and be happy and positive. It was indeed the best stress relieving session.

Mrs. Harmeet Kaur Sodhi

Very peaceful session. It was very relaxing & I enjoyed a lot.

Ms. Harneet Kaur

Very inspiring and wonderful session.

Mrs. Sandhya Sood

It was peaceful and motivating. The style and knowledge of the presenter was amazing.

Mrs. Archana Puri

Mediation and calm mind is the ultimate weapon to face challenges in life.

Mrs. Mansi Wadhwa

The session was very engaging and thought provoking. It was done in such a positive yet assertive way and we all learnt how to deal with stress and anxiety.

Mrs. Shilpi Ahuja

The session was brilliant and relaxing. It helped in calming the mind.

Mrs. Puneet Kaur

Because of this session, first time I felt peaceful. I felt some sensation in my mind. I learnt that I should always be happy in any situation and handle it calmly. This can only be done by meditation. We have stress because we always think about past and future but when we are present, we feel happy.

Sukhmani Kaur, VIII A

Dr. Radhika asked us to do Surya Namaskar and meditation for 10 minutes daily. Now I am able to calm my mind.

Jessica, XI D

It was a fabulous session. I had never experienced that relaxing sensations in my body all over. I genuinely say that it was a super relaxing and joyful session.

Jasmine Kaur, IX D

In this session, I learnt how to control my anger. It also taught me how to make peace in mind. After this session I felt very happy and relaxed. I felt that when I am in anger, I just have to take deep breath and this makes my mind peaceful.

Simar Singh, VIII D

It is necessary to clean our body as well as our mind. Joy is being in the present. By mediating we can take decision calmly.

Arnav, VIII D

It was amazing to know how we can control our emotions easily. I'll make sure I follow this path from now onwards.

Lokesh, IX A

I experienced calmness in my nature and during the whole day, & I only thought positive things.

Simranjeet Kaur, VIII B

It was relaxing. It made me feel calm and positive. Mediation is very necessary. It made my day good. It helped me release my stress.

Anshul Sethi, VIII B

I learned many things from the session. I feel very relaxed. I have learnt how to calm and also control my anger.

Tarnidh Singh, VIII D

A lot of things I learned from the session. To keep calm and have some patience. To fight against the angry mood.

Mankirat Singh, VIII D

It was an amazing and relaxing session. I have learnt meditation which has genuinely helped me to relax my mind and be calm.

Prabhleen Kaur, IX D

The session was really nice. I never felt like this like I felt today. I was really stressed because of results and studies. But then when I did meditation I was relaxed. I felt very calm and I decided to do meditation daily.

Thank you!

Aruna Meher, VIII A

I feel very calm and fresh. It has helped me to memorize things faster.

**Jaskirat Singh,
VIII B**

In this session, I have learnt how to mediate and also learnt some nice and good things. When I am angry, I can control my temper now.

Preet Kaur, VIII D

It was really good to know that we can handle our emotions by simple techniques.

Jasveet Kaur, XI B

I learnt a lesson to do mediation every day and keep our body fit and happy. After the session, I felt very relaxed. I am talking politely with everyone now.

**Karamtegh Singh,
VIII D**

After this session I felt very happy and relaxed. I felt that when I am angry, I just have to take deep breath and this makes peace in my mind.

Japleen Kaur, VIII D

Thank
You