

D.A.V. PUBLIC SCHOOL, VELACHERY, CHENNAI-42
ACADEMIC YEAR 2025-2026

REPORT ON WELLNESS PROGRAMME

Date : 23.07.2025

Venue : AV Room

Resource Person : Mr. Rudresh, Head of ATRA
Ms. Ameer Thakrar, Head of SHRAVYA

Timings : 1:00 p.m. - 4:00 p.m.

A Successful Wellness Programme was conducted for all staff members of D.A.V. Public School, led by Mr. Rudresh, Head of ATRA, and Ms. Ameer Thakrar, Head of SHRAVYA. The initiative aimed to promote overall well-being and foster a healthy work environment.

The programme featured physical and mental relaxation exercises, mindfulness activities, and sensory experiences. Highlights included a '5-1' exercise engaging the five senses, where participants reflected on things they appreciated, and an energetic dance walk on the floor. These activities encouraged relaxation, self-awareness, and team bonding.

The collaborative effort between ATRA and SHRAVYA resulted in a rejuvenating experience for staff members, contributing to a healthier work environment. The programme's success demonstrates the value of prioritizing employee well-being and promoting a positive workplace culture.

