

**REPORT ON MINDFULNESS OF YOUR HEALTH AND MIND ON 10.04.2025**

–*Mrs. Sujatha .M, Principal, D.A.V. Public School*

**OVERVIEW:**

The Principal, Mrs. Sujatha M conducted an enriching session for the staff of D.A.V. Public School, Velachery, focusing on mindfulness and its connection to health and well-being. The session emphasized on the importance of balancing mental and physical health to lead a fulfilling life.

**KEY HIGHLIGHTS:**

**Mind-Body Connection:**

A breathing exercise, '*Bhramari*', was demonstrated under the guidance of Mr. Srinivasan. All teachers actively participated, experiencing the link between mind and body.

**Balancing Family and Work Life:**

Mindful yoga was highlighted as essential for maintaining harmony between personal and professional lives. Mrs. Sujatha explained how imbalances in body organs can lead to negative emotions or illnesses.

**Purpose of Life A Spiritual Outlook:**

The session stressed on earning *punya* by doing good deeds in this life to avoid rebirth. Positive attitudes and avoiding negative feelings like jealousy were linked to better health.

**Role of Teachers:**

Teachers were encouraged to embody positive qualities to shape students' minds effectively. Students were metaphorically compared to saplings requiring nurturing care to grow into fruitful trees.

**Detailed Chart Presentation:**

A chart displayed three columns namely Human qualities (e.g., innocence, creativity, peace), Organs linked to these qualities (e.g., liver, spleen, heart), Negative impacts from organ imbalances. Principal Mrs. Sujatha M elaborated on seven chakras in the body and their significance.

Three Channels of the Body are explained as Left channel (past focus), Central channel (present focus), Right channel (future focus). Emphasis was placed on staying in the present for optimal health and mental peace.

**Conclusion:**

The session inspired teachers to adopt mindfulness practices for better health and balance in life. Principal Mrs. Sujatha M promised a follow-up session soon to deepen understanding and application of these concepts.

The event was highly informative and motivational, leaving a lasting impression on all attendees.

**MINDFULNESS OF HEALTH AND MIND -  
A SESSION BY OUR PRINCIPAL MRS. SUJATHA. M**

