



Vivekanand School

D-Block, Anand Vihar, Delhi - 110 092

VS/PW/2023-24/Cir-63

Date: 21-October-2023

Drop Everything And Meditate (D.E.A.M.) Activity

Dear all,

We have decided to incorporate a 10-minute break from 12:20 to 12:30 w.e.f. Thursday 26th October, considering the well-being of our esteemed teachers. This break aims to provide our hardworking educators with the opportunity to recharge and refresh, ensuring they can continue delivering exceptional education to our students during the later part of the day.

For the students to utilise this duration in the right spirit, they will be made to be involved in D.E.A.M - "Drop Everything and Meditate" activity.

Relaxing music / prayer will be played on the public address system, and the students are encouraged to participate in meditation session to promote mindfulness and relaxation.

However, to ensure smooth conduction of the same, teachers on floor duty, the Class Representatives, Junior Head Boy, Junior Head Girl, Junior Vice Head Boy and Junior Vice Head Girl will be responsible for maintaining discipline on the floor and classrooms.

All the other teachers will be free during this period and are not required to report to classrooms.

The teachers on floor duty during the said time will be required on their respective floors to maintain the discipline. The 7th period will begin at 12:30 pm.

For the students, it will be a NO-MOVEMENT time, and no student will be allowed to go out of the classrooms. No outpass will be issued to any student, by any teacher or CRs.

The class teachers are required to disseminate the information with the students for strict compliance. The students should also be instructed to sit calmly with their eyes closed during the meditation break.

The CRs should be instructed to keep a check in the class and the erring students should be counselled and corrected by the class teachers, for the smooth conduction of the meditation break.

Enjoy your journey of knowledge and inspiring young minds to reach their fullest potential.

Be extraordinary!

Bindu Kalra
Headmistress