



# Vivekanand School

D-Block, Anand Vihar, Delhi - 110 092

VS/PW/2023-24/Cir-64

Date: 24-Oct-2023

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

Dear Parent,

Namaskar!

We hope this message finds you and your family in good health and high spirits.

We are excited to introduce our new project, "D.E.A.M" - "Drop everything and meditate," aimed at promoting mental health and well-being among our students. This initiative encourages students to take a small break from their busy schedules and engage in a meditation practice to relax, focus, and reduce stress. By practicing meditation, students can achieve a balanced and positive mindset, leading to overall academic success and personal growth.

Understanding the importance of mental well-being and mindfulness, we have incorporated a 10-minute break **from 12:20 to 12:30** to provide our students with an opportunity to meditate and recharge. During this designated break, relaxing music or prayers will be played on the public address system, creating a peaceful ambiance for the meditation session.

During the meditation break, students will be required to observe a NO-MOVEMENT policy, meaning that no student will be allowed to leave the classrooms.

We are excited about this project and believe that it will greatly benefit our students' mental health and overall well-being. Let us all come together to create a positive and nurturing environment for our students.

Wishing everyone the best!

With warm regards

**Headmistress**