

## **Promoting Calmness and Well-being through Breathing and Relaxation**

**Session at M.K DAV Public School, Daltonganj**

In continuation of the Pariksha Pe Charcha programme, a guided breathing and relaxation session was conducted for the students. The session aimed at helping young learners manage stress and enhance concentration, especially during the examination period.

Students were guided through simple breathing techniques and relaxation exercises in a calm and soothing environment. The session helped them experience mental relaxation, improved focus and emotional balance. The children actively participated and appeared refreshed and composed by the end of the activity.

The session successfully reinforced the importance of mental well-being and mindful practices in achieving academic success.

The Honourable Principal, MRS. INDRANI CHATTERJEE lauded the session and remarked that emotional well-being is as important as academic learning. She emphasised that regular practice of breathing and relaxation techniques can help students remain calm, confident and focused. It also enables them to perform better not only in examinations but in all aspects of life.

