**Heartfulness meditation for the students of Grades 9 and 10**

To aid the students deal with ever increasing stress and strain, Nurture International School conducted a three days meditation programme for the students of Grades 9 and 10 on 26, 27 and 28 of June, 2023. Under the able guidance of Mr Raghuram from 'Heartfulness meditation programme', the students attended the meditation sessions which helped them lower their anxiety and enhance their cognitive function.In today’s fast paced world, maintaining one’s composure and placidity is the need of the hour. And what better way to connect to our inner self than through meditation. The purpose and aim of meditation were shared with the students and they were motivated to make this exercise a habit. Teaching kids to meditate in the classroom helps them to be more focused, peaceful, quiet, settled, and rested.The Heartfulness team aided the students in understanding how meditation can even enhance their self-confidence and self-esteem and better their academic performance.

Nurture International school has always focused on the holistic development of each student and this meditation programme too was a step towards achieving that goal.









