

MINDFULNESS- A JOURNEY WITHIN

"The mind is everything. What you think you become."

- By Gautam Buddha

The Jamuna Jhelum House Function for the Middle and Senior School of Delhi Public School, Gurgaon was held on 21st December 2023. It was based on the theme, '**Mindfulness- A Journey Within**' to appreciate the joy of being fully present in this fast paced world. It showcased the idea that in a world where our actions profoundly impact the environment and society, embracing mindfulness can pave the way for achieving the Sustainable Development Goals set by the United Nations. It urged everyone to not only be mindful of being in our present thoughts but also being mindful of our planet.

The event commenced with the felicitation of parent reps followed by a short video giving the audience a sneak peek into the school's past house functions. The video also gave the audience an insight into the scenes behind the stage and the teamwork that went into putting up the show. Thereafter, the play began with a mime act on the overuse of mobile phones. It was a silent yet powerful presentation that depicted individuals glued to screens, oblivious to their surroundings. The mime highlighted the detachment with the loved ones and addiction to devices, a stark reminder of society's excessive reliance on technology.

The song, dance, meditation and yoga performances entwined in the play were based upon managing our emotions better by practising mindfulness. The play brought forth the many forgotten values. It intrigued the audience and reiterated the importance of yoga, being in harmony with oneself, spending time with family and eating the right food.

The students from different classes took on different roles portraying their wonderful theatrical skills. It was an exemplary experience to witness.

Director Principal, Ms Aditi Misra praised the students for their wonderful effort and said that the school functions/events form some of the happiest memories of the students' school life. She was proud to announce the presence of 191 participants on stage and thanked the wardens and teachers for an amazing show.

The event culminated with a vote of thanks proposed by the House Captains.



