



National Doctors Day

NAME OF THE EVENT: Holistic Wellness for Teachers

DATE: July 1,2023

CONDUCTED BY: Team Nutriwell, One Health by Dr.Shikha Sharma

RESOURCE PERSON: Dr. Charu Sethi , Ayurvedic Doctor

Ms. Bhavna Srivastava, HR Head

Ms. Lovely Jain, Quality Analyst

ORGANISED BY: IITL Public School

ATTENDED BY: Teaching Staff

“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being.” – Greg Anderson

On National Doctors Day, we extended our gratitude to the remarkable individuals who have chosen a path of healing and compassion. They embody the spirit of Hippocrates' timeless words, displaying a deep love for humanity through their dedication to the art of medicine.

A workshop was hosted on Holistic Wellness of Teachers on July1, 2023, to apprise the teaching staff on the importance of nutrition, health & well-being. The resource person Ms. Bhavna Srivastava enlightened the teachers on the various courses that they can take up in order to take care of themselves and their families in a wholesome manner.

The second resource person, Dr. Charu Sethi, an Ayurvedic Doctor, emphasised on the significance of planning the diet according to one's prakriti. She explained the concept of vatta, pitta and kapha in great detail and also helped teachers understand their prakriti.

The session was truly engaging and constructive. The IITL fraternity expressed their gratitude to all the doctors, the extraordinary healers who selflessly put others first, working tirelessly to preserve and improve lives. Their unwavering commitment and profound understanding of the human body make them beacons of inspiration and compassion.

#vedicdiet #stressfreeliving#NationalDoctorsDay #Gratitude #HealersOfHumanity



ITL PUBLIC SCHOOL
Observes

National Doctor's Day

1 July 2023

#Touchinglives
#NationalDoctorsDay
#FrontlineWarriors

**Celebrating Resilience
and Healing Hands**



YOUR DEVOTION AND CARE BRINGS HEALING, COMFORT AND HOPE..



ITL PUBLIC SCHOOL OneHealth™
By Dr. Shikha Sharma

ORGANISES

WORKSHOP ON

**"HOLISTIC WELLNESS FOR
TEACHERS"**

**ON THE OCCASION
OF**

NATIONAL DOCTOR'S DAY

1 JULY, 2023

#vedicdiet
#foodforthought
#stressfreeliving




Ms. Bhawana Srivastava
HR Head



Dr. Charu Sethi

Celebrating resilience and healing hands

**WE SALUTE OUR DOCTORS, THE EXCEPTIONAL
CAREGIVERS, FOR TRANSFORMING THE MEDICAL LANDSCAPE.**



OneHealth™
By Dr. Shikha Sharma

Holistic Wellness for Teachers
By Team Nutriwell

- Dr Charu Sethi
Ayurvedic Doctor
- Ms. Bhavna Srivastava
HR Head
- Ms. Lovely Jain
Quality Analyst

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#stressfreeliving
#foodforthought



DAILY LIFE OF A TEACHER

The daily life of a teacher is full of mental and physical activities. It is a very noble profession, where a teacher is the foundation that helps their students to grow into a responsible adult.

They play dual role in school and at home. A day in the life of a teacher is –



- Getting up early in the morning
- Doing household works and getting ready to go to school
- At school, along with the academic duties perform extra curricular activities
- Sports activities
- After school academic and nonacademic activities
- Back home look after their own children and family
- Before going to sleep, prepare herself mentally and physically for the next day




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