



## International Collaboration - ITL Public School with Cowes Primary School (Australia)

ITL Public School collaborated with Cowes Primary School (Australia) in an enriching India–Australia Online Cultural Exchange (May 14 - 19, 2025), uniting Grade II students in a celebration of curiosity, empathy, and global friendship.

The week opened with a guided Sun Salutation, (Surya Namaskar) - a dynamic sequence of twelve yoga postures, each harmoniously synchronized with breath—introducing our young learners to mindfulness and vitality. Next, students compared climate-driven customs: Australian peers described May’s wintry chill, while our students showcased breathable cotton attire tailored to New Delhi’s intense summer heat. An artistic backdrop highlighted Indian festivities, from the auspicious glow of turmeric paste, known for its anti-inflammatory, anti-oxidative & antibacterial benefits to the cooling elegance of mehndi (henna) patterns.

The culinary exploration featured Odisha’s Pakhal Bhat alongside probiotic summer coolers like buttermilk and coconut water, underscoring the deep connections between food, health, and culture. Festivals such as Diwali, Holi, Eid, Pongal, and Christmas sparked conversations about inclusion, unity and joy. Students also highlighted India’s seminal contributions to both ancient and global knowledge - Yoga, the decimal system, and the concept of zero—fostering shared curiosity and respect.

The culmination was marked by a gracious “Namaste” and an exuberant Maharashtrian folk dance session, where Australian students mastered rhythmic footwork and expressive hand gestures. This heartwarming exchange truly planted seeds of lasting friendship and cross-cultural understanding in our youngest global citizens.

#VasudhaivaKutumbakam #IndiaAustraliaExchange #UnityInDiversity #YoungGlobalCitizens  
#CulturalHarmony







## ITL Public School's application

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### Clothes

#### Traditional Attire:

Women: Saree, Salwar Kameez, Lehenga

Men: Kurta-Pajama, Dhoti, Sherwani

Modern Wear: Western clothing is also widely popular in cities



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#### Fermented Food



ITL Public School India



ITL Public School India

ritu  
me

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Barbara Milne (host)









ITL Public School

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