

WORKSHOP REPORT – AYURVEDA DAY: BALANCE AND HEALING

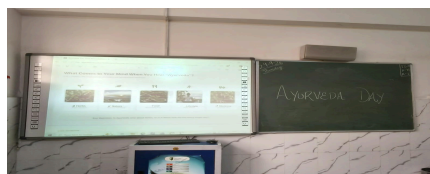
JM International School | 23 September 2026

Name of the Programme	Ayurveda Day – Balance and Healing
Resource Person	Dr. C. P. Verma
Venue	JM International School

REPORT

On 23.09.2026, an educational programme on “Ayurveda Day – Balance and Healing” was conducted at JM International School. Dr. C. P. Verma conducted an interactive session for students of Grades IX to XII, emphasizing the benefits of Ayurveda, healthy habits, balanced routines and the connection between food, nature and overall well-being. Dr. C. P. Verma also guided the students about different courses in Ayurveda, eligibility and the opportunities available for pursuing higher education and a career in the field of Ayurveda.”. For students of Grade VI to VIII science teachers conducted a presentation on Ayurveda. For junior students of Grades II to V plantation activity of useful plants like Tulsi, Neem and Giloy was done. The activities combined conceptual learning with practical participation and reinforced the message of healthy living, environmental responsibility and respect for nature.

students participation in sessions, and plantation activity



**Prepared by
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