



# Mayoor School, Noida

In collaboration with MAYO COLLEGE GENERAL COUNCIL, AJMER



Dear Parent

Mayoor School Noida in collaboration hosted an annual event "Wellness Unplugged - Tune Into Yourself", a vibrant celebration of well-being and cultural exchange, uniting 25 schools in a meaningful journey towards resilience. Chief Guest Dr. Jitendra Nagpal, a distinguished psychiatrist, led an interactive session where students passionately shared their heartfelt ideas on wellness. Special Guest Mr. Michael Pal, Director, Cultural Forum at the Austrian Embassy, eloquently underscored the profound role of cultural connections in fostering understanding. Mr. Fabian Welt, Project Manager, PASCJ, and other distinguished guests from the Goethe Institute enriched the event with their esteemed presence. The highlight of the day was a dazzling dance fusion that beautifully showcased the culmination of the German students' two-week exchange programme from Domschule Schleswig, featuring lively performances that created a mesmerizing cultural symphony. Principal Ms. Alka Awasthi's inspiring address on mental health resonated deeply with all present, followed by a splendid Prize Distribution ceremony that celebrated the remarkable achievements of students, leaving everyone uplifted and motivated.

A glimpse of the event can be viewed on - <https://youtu.be/sWsJDuBtcuU>

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