

ART OF LIVING WORKSHOP SERIES (HAR GHAR DHYAN)

Under the aegis of Azadi ka Amrit Mahotsav, the Ministry of Culture collaborated with The Art of Living foundation and launched the campaign "Har Ghar Dhyan" to conduct one-hour introductory sessions on meditation & mental health for people from all walks of life. The modules have been developed by the founder of Art of Living, Sri Sri Ravi Shankar ji, and trained faculty from Art of Living conducted these sessions for our young Jaspalians focusing on awareness, meditation, and breathing.

The focus audience of this campaign was classes from IV to XI.

Class IV and V-23rd December

Class VI and VII-26th December

Class VIII and IX-27th December

Class X and XI-28th December

These series of workshops were taken by Ms. Mamta Garg, an Art of Living Teacher, Craniofacial Therapist, and Mind Management Trainer, Mr. Surender, an Art of Living Teacher, Auditor, and Yoga Expert, and Mr. Shashank Sharma, an Art of Living Teacher, Ex-Banker turned Consultant & Entrepreneur. These dignitaries have conducted various courses like Happiness Program, Prison Smart, Art Excel & Corporate Programs in all sections of society amongst different age groups across the country. Art of living is an educational and humanitarian organization operating in more than 180 countries offering many powerful courses with a vision to create a stress-free society across the globe.



