



Parent Connect



**Wellness Programs for
Parents**



**Blissful Yoga Sessions -CHIT
CHETAN**

Holistic Development

“Only way to spread peace is to have peace inside you.” - Unknown

Jaspal Kaur Public School conducts regular holistic wellness program for our parents. ‘चित्त चेतन -Let the Self Wander and Wonder’ was organized. The parents went on a journey of relaxation and rejuvenation through Yoga. Mr. Deepak Singh, the yoga faculty, conducted the session and discussed some easy-to-do exercises that help in breaking the monotony of a long day, boost immunity, and improve overall health and well-being of an individual. Parents participated whole heartedly in the yoga, aerobics, and physical fitness programs organized by the school as an initiative to keep everyone fit and healthy.

Our enthusiastic parents
performing yogasanas
in Morning Yoga Camp
with great fervor.



Activate
Go to Setti

Blissful Yoga Sessions





Yoga sessions for Holistic Development for the Parents

