

## Wellness Workshop 10.0

### युज – A Connect

*When we are connected to others, we become better people.*

**-Randy Pausch**

For strengthening the bond that JKPS shares with its parent fraternity, the school organised a Wellness Workshop on 27 February 2022 in which parents demonstrated asanas to keep the body fit. It was a delightful sight to witness the parents taking the front seat, becoming instructors, and teaching asanas to the participants. The yoga faculty, Mr. Deepak Singh began the session with a warm-up exercise. Thereafter, two parents demonstrated the Tadasana, the Vrikshasana, the Vakrasana, the Bhujangasana and the Ushtrasana. The chants of the most powerful word 'Om' reverberated in the hearts of all and that brought an end to a fruitful session.











