

## Wellness Workshop 7.0 *Winter Warmth*

Parents, teachers and students of JKPS combated the cold weather by participating in the Wellness Workshop 7.0 'WINTER WARMTH' on 31 December 2021, as they learnt about the ways to keep the body warm in the cold weather. Under the guidance of Mr. Deepak Singh, the participants did exercises to keep the body warm in temperatures as low as six degrees Celsius. This was followed by a discussion on the superfoods that should be consumed during winters. Parents participated enthusiastically in the discussion. The workshop ended with a prayer wishing the well-being of everyone.







