

Wellness Workshop 8.0 - *Surya Naman*

The wellness committee of JKPS organised a wellness workshop named Surya Naman for the faculty members on the 10th and 11th of January 2022. All the teachers participated in the drive and performed Surya Namaskar with absolute devotion to the Almighty. The sessions started with a welcome note by Ms. Gloria Singh Mohan. Thereafter, Mr. Deepak Singh guided the members about the cycle of Surya Namaskar. This was followed by light breathing exercises and mantra chanting. The sessions left the faculty members calm and rejuvenated.











