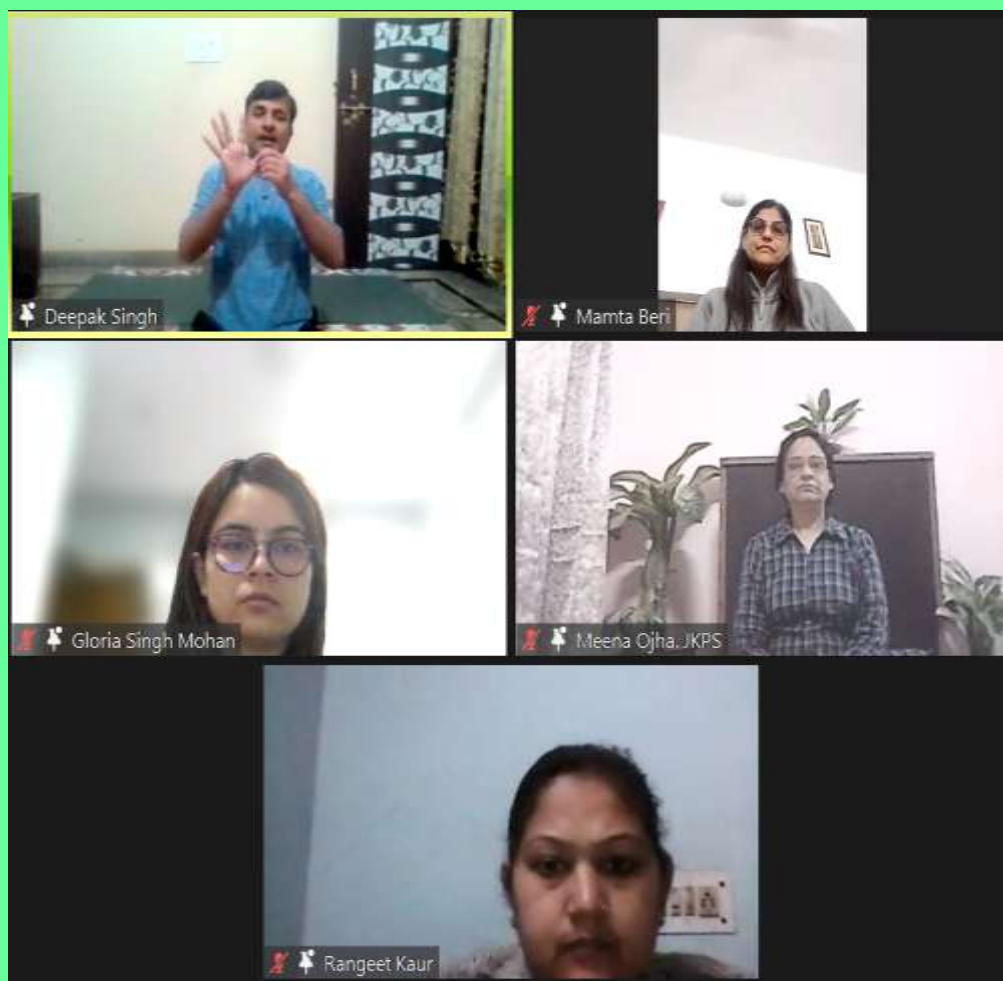


Wellness Workshop 9.0

Back It Up

Chit Chetan, a drive initiated by JKPS to propagate the idea of well-being, has been coming up with various wellness workshops. On 30 January 2022, the virtual Wellness Workshop arranged for the teaching faculty and parents was about strengthening the spine. The impact of work from home regime could be observed clearly with slouched backs and stiff necks. Mr. Deepak Singh, our yoga faculty, made the audience aware of the asanas that bring good results in the body by stretching the spine so that it stays young for long. As advised by Mr Deepak the “The Back and Side Stretch” must be done regularly to combat laziness and back pain. The audience felt rejuvenated after the session.

Commented [Nk1]:











* Deepak Singh



* Nitroze Rana