

# YOGA WORKSHOP

## CONDUCTED BY MR. ACHARYA MAHESH PAREKH



One Week Yoga Programme was organized at JMIS by Acharya Mahesh Parekh from 20. May- 5 May, 2019. The main objectives of the programme, named as Yog Persona, were:-

- 1) To reduce the stress level through meditation.
- 2) To improve the health standards of the students and helping them to perform better in today's competitive world.
- 3) To increase the desire to learn and understand things better.
- 4) Breathing techniques to help them feel calm and **focused**
- 5) Stretching and strengthening the body
- 6) **Mindfulness** practices
- 7) Discussions around kindness, gratitude and optimism

On each day, yoga programme was conducted through various types of Asanas, Pranayam and meditation. The teachers also got beneficial access through the workshop to meet up their queries. The general opinion was that the Yoga sessions had enriched them a lot and would help them to maintain their physical and mental fitness. The session also helped to increase their concentration level. Teachers vowed to carry out the Yoga activities at their houses in future.