

WORKSHOP ON FIRST AID AND YOGA



To propagate the above thought among the members of **JMIS** family and also to develop a belief to strengthen the members and to connect themselves with inner self i.e with body, mind and soul, **JMIS** family members had got an opportunity to enlighten themselves with the famous resources personels . Mr I.P.Arora and Yogacharya Amit from Jai Guru Dev Shri Ram Mulakh Devi Dayal Mahadev Ashram.

Mr I.P Arora (Scout and Guide) made us aware about the first –aid techniques during emergencies and also discussed and guided about the various methods used when actually tools/aids are not available. Rhythmic techniques were also shared and enthusiastically participated by the members.

Yogacharya Amit had shared the importance of yoga in our lives which not only comprises of **Yoga Asanas techniques** but also **Shat Karma** (yogic practices involving purification of the body) . Demonstration of various shatkarmas like

Shutraneti and **jalneti** were demonstrated and also were enthusiastically executed by our JMIS members.

An informative and enlightening session was held between the teachers and the facilitators.