

HAR GHAR DHYAAN

Jamdagni Public school always makes it a point every year to conduct certain activities that ensure the overall development of student's personalities. Today on the 10th of August 2023, our school organized a yoga and meditation program under Har Ghar Dhyaan Campaign. Under the Aegis of Aazadi ka Amrit Mahotsav, CBSE has collaborated with The Art of Living Foundation and has launched - Har Ghar Dhyaan campaign . The program was held in our school activity hall.

The session began with welcome of all guests with a melodious welcome song sung by our students, followed by few informative points about yoga and meditation. Later, the whole team associated with The Art of Living Foundation took charge and shared their valuable information about Yoga and meditation with everyone. They emphasized on "जोश with होश" stressing upon mental strength in adverse circumstances.

This program helped the students in concentration techniques and also had a positive reaction. It also included few physical postures of yoga and meditation. The program was attended by students of IX and XI. All enthusiastically participated and were keen to learn more from the guests. The program ended with offering a vote of thanks for the team and offering them a token of appreciation for the interesting and informative session.

