

## **Yoga Enlightened the masses at GGIS**

16/04/17

The proverb “Health Is Wealth” was the inspiring one when the lush green campus of Gyan Ganga International School was filled with the participants who emerged from various corners of the city to enchant the scared word ‘OM’ and fell relaxed and rejuvenated in this busy world and its turmoil.

As Yoga is a way of living that aims towards a healthy mind and healthy body, Gyan Ganga family felt the importance of providing the platform where one can discover himself in a new energy. Yoga helps to promote a balanced development of all the three being – Physical, Mental and Spiritual, in order to create awareness in the society related to the health issues. GGIS took a great initiatives by organizing Yoga Camp on 16.04.2017 for not only the students and their parents but for the society in large. The aim of this camp was to motivate each and every individual towards the awareness about the health care. The honorable invitees for the day were Dr. Nidhi Jain the diet consultant (M Sc, Gold medalist in Food & Nutrition) who guided the participants regarding diet and how one should plan his/her diet chart with full nutritious values.

The instructors Madam Rachna Jain and Rukmani Rao instructed the gathering regarding various Asans and also highlighted the number of benefits that one can gain by performing these Asans. The instructors displayed all the Asans with complete instructions on the stage. There were many participants who were benefited with the camp which included not only students, staff members but also the parents and guardians of the students.

Speaking on the occasion school Principal Dr. Rajesh Kumar Chandel thanked and expressed his heartfelt thanks to all the participants and the guests of the day who made the programme a successful one.