



## **ADOPTING YOGA FOR A HEALTHY LIFE**

JMV in collaboration with The Times of India organized a yoga workshop.

It was convened by Yogacharya Dr. Surakshit Goswami.

He was accorded a green welcome by Vidyalaya Vice-Principal Ms Somdatta Bhattacharyya. He was also presented a painting and a school magazine.

The entire faculty attended the same and were benefitted by the session.

They learned techniques which would help them improve their focus and concentration.

It concluded with vote of thanks.