



J M International School

A Senior Secondary School Affiliated to C.B.S.E. (Centrally Air - Conditioned)
Sector- 6, Dwarka, New Delhi - 110 075

WELLNESS SESSION- ISHA FOUNDATION

GRADE IX- XII



*“Do not try to fix whatever comes in your life,
Fix yourself in such a way that whatever comes,
You will be fine.”*

The Isha Yoga Foundation, a non- profit spiritual organisation, recently conducted a ‘Wellness Session’ at J M International School, Dwarka. The session was held on 24th May and 25th May 2023, across two days for classes IX- XII to help students relieve exam stress and reconnect with the beauty of life.

The volunteers of the Isha Foundation guided our students and helped them understand Yoga for Success- Neck Practices, Yoga for Peace- *Nadi Shudhi*, and Yoga for Joy- *Nada Yoga*.



The environment created for this wellness session, and the practices left the students and teachers feeling light and healthy. Development of inner peace and confidence was identified by the students and teachers attending the sessions. The session also focused on reorienting the mind towards priorities in life, and not to remain overly dependent upon technological advancements.

Truly, our physical health, our psychological wellbeing, and our spiritual possibility depends on how well aligned we are with existence.