

Art of Living Workshop

Mr. Sandeep Vasvani, a meditation trainer from the Art of Living, conducted a tranquil session with the teachers at JMIS on 30th May, 2016.

After deliberating on the essentials of an effective teacher, it was agreed by all that meditation and reflection



aids one in introspection and becoming efficient in all fields.

This was followed by a serene meditation session which made teachers feel calm and relaxed. The teachers



experienced composure and felt rejuvenated to kick-start the academic session post summer break. It was indeed revivifying for all to

meditate and incorporate contemplation in their everyday life.