



MBS INTERNATIONAL SCHOOL WORKSHOP FOR TEACHERS

SESSION 2020-21

TOPIC: Yoga and Mental Health Awareness

DATE: June 22,2020

ATTENDED BY: All the teachers of Nur-XII

VENUE: Google Meet Session

RESOURCE PERSON: Mr. Rahul Budhraja

"Yoga is like music, rhythm of the body, melody of the mind and harmony of the soul which creates the symphony of life".

Firmly believing in this statement and to acquaint the teachers with the importance and impact of yoga on their mind, body and soul and to utilize their energy in the right path, MBS International School organised a webinar on "Yoga and Mental Health" on June 22, 2020. The webinar was helmed by Dr. Rahul Budhraja where he highlighted the importance and power of yoga in daily life. He mentioned in Indian traditions, yoga is more than physical exercise, it has a meditative and spiritual core. He also guided the teachers about the importance of nurturing oneself, magical impact of a warm smile, talking to our loved ones and people in need. It was a very interactive and illuminating session.



