

Art of Living Workshop - YES+ Program



A seven day, YES!+ workshop was conducted by the Art of Living team for the students from 10th September, 2018 to 16th September, 2018. The aim of the workshop was to accelerate their all round excellence.

The YES!+ workshop was a smooth blend of ancient wisdom, yoga, pranayama (breath control), meditation and the Sudarshan Kriya, fused with contemporary intellectual exchanges. Under this, various activities were conducted for the students to acquaint them with these concepts.