

PRANAYAMA SESSION BY MRS PADMINI JOG

APS Jammu Cantt organised a Yoga Session by Mrs Padmini Jog on 6 October, 2023. Mrs Padmini Jog is practising yogasana and pranayamas for the last 30 years. She has conducted numerous workshops and sessions all over India. She has firm belief that with regular and dedicated practice of pranayamas one can stay healthy physically and mentally. She mentored the students about various pranayamas and deep relaxation techniques with all the students and staff members of APSJC. She also incorporated elements of mindfulness, meditation and guided visualisations. All the students and teachers enthusiastically participated and practised the pranayamas with her instructions. The session was highly successful in promoting physical and mental well being among participants. It also created a serene and inclusive atmosphere among the participants. Moreover, her approach in combining traditional pranayama techniques with modern mindful practices is a valuable contribution to the field of yoga education. Overall, it was a wonderful session of peace and tranquillity.



