

## HEAL CLUB EVENT

HEAL Club conducted a workshop on health on 28<sup>th</sup> June, 2008. Shri Swami Adhyatmanandaji Maharaj, President of Sivananda Ashram was invited to conduct the workshop. Swamiji in his versatile style of delivering hold the audience with lots of examples from past, present and future.

Also, picking up few students he demonstrated various Yoga and how this yoga will help the students particularly to de-stress themselves from their hectic life. Students were engrossed in listening to every word of Swamiji.

Swamiji also delivered about various aspects of human body and how every part of body is to be taken care of. This concept he explained by giving some good examples and demonstrations.

Students were happy to attend the workshop as it was more of fun workshop with loads of learning and at the end knowing the important facts of keeping healthy body.

### **Snapshots of the event:**



“Swami Adhyatmanandaji Maharaj addressing Students”



“Swamiji doing an activity with Bharat, Student delivering” Of 1<sup>st</sup> Trimester”



“Swamiji in his versatile style of