

DHYAN FOUNDATION

On 28th of April, our school took an initiative to make the students witness the role of health and peace in their life with help of an enthusiastic group of people who belong to the DHYAN foundation. They primarily have discussed about VEDIC sciences and gave a brief about how people have elapsd the most important aspect of life that is healthy body and a healthy mind. They are the followers and strong believers of their guru's thoughts and writings. The most astonishing was that all of them belonged to different professions and had different lifestyles yet they were strongly bonded by their belief. The men there performed martial art which was breathtaking and there was a woman who performed various asanas while maintaining correct posture. All this was very different and made us look at YOGA and DHYAN from a very different perspective. It gave a different sight of what actually dhyan means and how we can gain control over our body, over our mind and connect to the divine. It was an interactive session and their thoughts were enlightening for us. It was one of the best sessions about yoga and we are looking forward to more such informative sessions that can help us to get a better life.

