



Art of Living Conducts Art Excel Workshop for Students

ART EXCEL - a four-day workshop on personal development of the students was conducted at Jain International Residential School by **Mrs. Shobhana** from Art of Living from 19 - 22 February 2015. The workshop was conducted for students of Grade 4 - 8.

On the Day 1 students were introduced to the Art of living foundation. A 3 hours intense session was conducted following the Vastrika pranayam which was taught to the students. Ram Dhyan was another yoga that was touched upon. The students participated whole heartedly and enjoyed the game which they played thoroughly. Through the games there team building skills were developed. More importantly their self-confidence was boosted up.

Next day, the students were taught about the **Five Principles of Life**.

1. **Laugh and let go** - Through this principle the students can let go off the stressed situation and go ahead with the advancement in life
2. **Winning or losing, life is a celebration** - Through this the students learnt that life is not always easy. Losing is an integral part of life. And loss should not hold them back from starting afresh
3. **Cut the past shut the future** – The students learnt to live in the present moment and not in the past or the future
4. **Stretch your hands** - Learnt to embrace all with open hand
5. **Respect for yourself is respect for others** - Learnt to respect oneself only then can they show respect to others

Students also practised the yoga learnt in the previous day followed by the Sudarshan Kriya meditation. The students played team games in order to boost their team work.

For the next 2 days the various life skills taught were implemented and revised through various games. Meditation and Sudarshan Kriya was also an integral part of the days. The students took part and many shared their experience. One thing had common in all the student's experience was they became mentally much more calm. The students prepared numerous charts and drew portraying their imaginations on various social issues given to them.

The last day, the programme concluded with a small Satsang in which the kids sang along side with the organiser.