



ITL Conducts Yoga Workshop

Date	:	23 rd July 2018- 27 th July 2018
Venue	:	Multi Purpose Hall
Organized by	:	ITL Public School
Conducted by	:	Isha Foundation
Participants	:	Classes IX and XI

Keeping in line with CBSE's emphasis on the inclusion of Health and Fitness as a component of curriculum, ITL Public School organized **Yoga Sessions** for the students of **Classes IX and XI** from **23rd July, 2018 to 27th July, 2018**. The session was conducted by **Isha Foundation**, an initiative started by Sadh Guru.

The workshop was conducted with an aim to help students understand the importance of yoga that helps our body in various ways. It not only relaxes our body but also calms down our minds and souls. A video was shown to the students helping them to comprehend the importance of yoga and the correct way to perform various neck and breathing exercises. The students performed the same exercises in front of the mentors. It helped them greatly to rejuvenate and stimulate themselves.

The students appreciated the session as it endowed them with a lot of positive energy to combat all the challenges of life.

